To help prevent the spread of COVID-19, York Region Public Health encourages residents to stay home, when possible, and reduce interactions with others. The most important thing you can do is stay home when you are sick.

TAKE THE FOLLOWING STEPS TO HELP PREVENT THE SPREAD OF COVID-19

- Wash your hands well and often with soap and water, or with alcohol based hand sanitizer (don’t forget to wash your wrists, under your fingernails and in between your fingers).

- Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.

- Avoid touching your eyes, nose and mouth with unwashed hands.

- If you are sick, stay home and avoid crowds until you are well again. Avoid sharing personal items like eating utensils and water bottles.

- Frequently clean and disinfect high-touch surfaces and shared items using regular household cleaners.

FOR MORE INFORMATION, VISIT YORK.CA/COVID19

*Information related to COVID-19 is available on york.ca in multiple languages.*

PUBLIC HEALTH
1-800-361-5653
TTY: 1-866-512-6228