Wash your hands.
Limit the spread by washing your hands often:
• Use soap and water.
• Scrub for at least 20 seconds.

Limit the spread.
• Cough and sneeze into the bend of your arm or cover your mouth and nose with a tissue.
• Don’t touch your eyes, nose, or mouth.
• Stay home if you are sick.
• Avoid close contact with people who are sick.

Monitor your health after travelling outside of Canada.
• Watch for symptoms including fever, cough, or difficulty breathing for 14 days after you get home.
• If you have symptoms isolate yourself from others, and call your health care provider (HCP), Telehealth Ontario, or KFL&A Public Health.

Be prepared to stay home if you or someone in your household becomes sick.
• Fill prescriptions.
• Have a supply of over the counter medication.
• Slowly add to your supply of non-perishable food items.