








WHAT TO DO ABOUT THE CORONAVIRUS

Myths about the COVID-19 virus that are spreading online are causing people to panic unnecessarily. **If you are not actually at risk, there is no need to worry.** Canadian health officials say that the **public health risk for Canada is low** and there is no widespread transmission of the virus in Canada.

However, adopting protective measures is crucial to maintaining a healthy and safe environment for all. The

health and safety of our clients and staff remains a top priority for everyone at MNLCT. Following the directions of public health authorities (including Public Health Ontario & Toronto Public Health), transmission prevention protocols are in place at all of our locations. **Before coming in to the office or upon arrival, you will be asked a set of questions for the safety and protection of yourself and others.**

RECOMMENDATIONS FOR PREVENTION

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| <p>These recommendations will help prevent the possible spread of COVID-19, or any flu or cold virus.</p> | <ul style="list-style-type: none"> Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer  |
| <ul style="list-style-type: none"> Avoid touching your eyes, nose, and mouth with unwashed hands  | <ul style="list-style-type: none"> Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands  |
| <ul style="list-style-type: none"> Avoid close contact with people who are ill  | <ul style="list-style-type: none"> If you don't have a tissue, sneeze or cough into your sleeve or arm  |
| <ul style="list-style-type: none"> Clean and disinfect frequently touched objects and surfaces  | <ul style="list-style-type: none"> Stay home when you are ill  |



If you have travelled internationally to affected areas and develop symptoms of COVID-19 infection, contact Telehealth Ontario at 1-866-797-0000 or your local public health unit or call your primary care provider's office.



For up-to-date information, please visit:

www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/
www.toronto.ca/coronavirus
www.canada.ca/covid19

The Ministry of Health has developed an information sheet about COVID-19 to inform Ontarians about the virus, how they can protect themselves and what to do if they think they have contracted it.

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