



Advice from Ontario's doctors about COVID-19

Ontario's doctors prescribe two highly effective treatments in the fight against COVID-19:

Stay home.
Keep your distance.

These are the most important contributions you can make to slow the spread of COVID-19 in our communities. It's the best way to protect yourself and your loved ones.

This means:



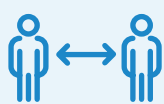
Do not host or attend playdates for your children.



Do not allow children to play on park equipment.



Do not enter elevators if you cannot keep to the six feet apart rule. Don't push the elevator buttons with your fingers or hands unless you are wearing gloves.



If you must go out for essentials, stay six feet apart from other people around you.



Visit grocery stores or pharmacies at off-peak hours as much as possible. If there are lineups, leave and come back later when it's not as busy.



Stay in touch, while keeping your distance, to provide emotional support to your friends and family.



Wash your hands for at least 20 seconds.

Ontario's Doctors. We'll stay at work for you.
Stay home for us.

For more information, visit

virusfacts.ca

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