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

$OMA Ontario Medical Association

Ontario’s Doctors. We lead you to better health.