COVID-19

The novel coronavirus (SARS-CoV-2) is the virus that causes COVID-19. It is a respiratory virus that can cause illness ranging from mild to severe. The virus spreads primarily through respiratory droplets produced when an infected person coughs or sneezes.

Washing Hands

Washing your hands with soap and water is the best way to prevent the spread of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Cleaning Surfaces

Clean and disinfect frequently touched objects and surfaces such as doorknobs, light switches, countertops, tables, chairs, handles, and desks. If surface is not visibly dirty, use a disinfecting wipe instead of a cleaning product and water.

Avoid Contact

Avoid close contact with people who are sick. This includes those who are coughing, sneezing, or have a fever.

Wearing Masks

Wearing a mask can help prevent the spread of germs from the nose and mouth of people who are infected but may not show symptoms. Masks should not be worn by children under the age of 2 or anyone who has difficulty breathing.

Get Vaccinated

Getting vaccinated is the best way to protect yourself and your family from COVID-19. The vaccines are safe and effective in preventing COVID-19. It is recommended that everyone aged 12 and older receive the COVID-19 vaccine.

For more information, visit ontario.ca/coronavirus.