Reduce Your Risk from COVID-19

1. **Abstain from Alcohol**
   - Reduce your risk from COVID-19.

2. **Avoid Close Contact**
   - Practice physical distancing (at least 2 meters apart) when you are in public places.
   - Avoid large gatherings and events.

3. **Wear Masks**
   - Wear a mask in public and when you are in close contact with others.

4. **Frequent Hand Washing**
   - Wash your hands frequently with soap and water, or use hand sanitizer.

5. **Stay Home When Sick**
   - Stay home if you have symptoms of COVID-19.

6. **Get Vaccinated**
   - Get vaccinated when it is available.

7. **Report Exposure**
   - If you are exposed to someone with COVID-19, notify public health authorities.

Reduce Your Risk from COVID-19 1 of 2
**Vulnerable Populations and COVID-19**

- Tips for Battling Anxiety During this Public Health Situation
- Things to Do While Physical Distancing
- Coronavirus Disease (COVID-19), HIV and Hepatitis C: What You Need to Know
- Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic
- Cancer and COVID-19
- Information for Parents of Immunocompromised Children and Children with Chronic Medical Conditions
- Public Resources

**Public Resources**

<https://cdn.ontario.ca/coronavirus>