

LOWER YOUR RISK OF RESPIRATORY ILLNESS INCLUDING NOVEL COVID-19

Coronaviruses are a large family of viruses known to cause illness ranging from the common cold to more severe illness. We see many different types of coronaviruses in York Region, Ontario and Canada. COVID-19 (formally known as novel coronavirus or 2019-nCov) is a new illness experts are learning more about.

TAKE THE FOLLOWING STEPS TO HELP PREVENT THE SPREAD OF RESPIRATORY INFECTIONS, INCLUDING COMMON COLDS AND THE FLU:



Wash your hands well and often with soap and water, or with alcohol based hand sanitizer (don't forget to wash your wrists, under your fingernails and in between your fingers).



Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.



Avoid touching your eyes, nose and mouth with unwashed hands.



If you are sick, stay home and avoid crowds until you are well again. Avoid sharing personal items like eating utensils and water bottles.



Frequently clean and disinfect high-touch surfaces and shared items using regular household cleaners.

BREAK THE CHAIN OF TRANSMISSION

FOR MORE INFORMATION ON NOVEL CORONAVIRUS, VISIT

[YORK.CA/COVID19](https://york.ca/covid19)

*****Information related to COVID-19 is available on our website in multiple languages.***