COVID-19: Protect Yourself and Your Community

PREVENTION AND PRECAUTIONS

Please remember to:

Practice physical distancing and avoid close contact with others.

Stay home if you are ill.

Avoid touching your eyes, nose and mouth.

Cough or sneeze into a tissue and immediately dispose of it in the garbage and wash your hands afterwards.

Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Avoid prolonged personal contact, such as touching or shaking hands. Consider greeting others with a nod, wave or bow.

If you don’t have a tissue, sneeze or cough into the bend of your arm.

Clean and disinfect frequently touched objects and surfaces.

The University of Toronto is closely monitoring the COVID-19 situation. Please visit our website, utoronto.ca, to read the latest updates.