COVID-19: Protect Yourself and Your Community

READ BEFORE ENTERING

Are you currently experiencing any of these symptoms as new and worsening and not related to other known causes or conditions you already have?

Do you have any of these symptoms?

- Fever or chills
- Cough
- Shortness of breath
- Decrease or loss of smell and taste

Do you have 2 or more of these symptoms?

- Runny nose or nasal congestion
- Headache
- Extreme fatigue
- Sore throat
- Muscle aches or joint pain
- GI symptoms (i.e., vomiting or diarrhea)

If so, STOP. Do not enter the premises. STAY HOME IF YOU ARE ILL.

- Physical distancing is recommended (keep 2 metres/6 feet away from others).
- Cough or sneeze into a tissue or sleeve/arm if necessary. Wash your hands afterwards.
- Wearing a medical-grade mask is recommended.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 15 seconds.
- Clean and disinfect frequently touched objects and surface.

For the most updated list of symptoms please go to: covid-19.ontario.ca/exposed#symptoms

The University of Toronto is closely monitoring the COVID-19 situation. Please visit utoronto.ca for the latest updates.