

2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy



**Wash your hands with soap
and water thoroughly and often.**

**Cough and sneeze into your
sleeve or a tissue. Dispose of tissue
immediately and wash your hands.**



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:

1-866-797-0000

TTY: 1-866-797-0007

Or contact your public health unit.

Porcupine Health Unit: 705-267-1181/800-461-1818

Timiskaming Health Unit: 705-647-4305/866-747-4305

For more information,
visit Ontario.ca/coronavirus

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