



SOURCES OF INFORMATION ON COVID-19

City of Toronto/Toronto Public Health

- **Toronto Public Health Hotline**

Hours: Monday to Friday 8:30 a.m. – 8 p.m.; Saturday and Sunday 10 a.m. – 6 p.m.

Telephone: 416 338 7600

Email: PublicHealth@toronto.ca

- **COVID-19 [Resource Hub](#)**

Updates of the affected City services, offers travel and health advice (including a link to the Ontario Ministry of Health's [self-assessment tool](#)).

Province of Ontario/ Ontario Ministry of Health

- **Telehealth Ontario**

Call if you develop symptoms.

Telephone: 1 866 797 0000

- **COVID-19 [Resource Hub](#)**

Updated every day, seven days a week, at 10:30 a.m. and 5:30 p.m. ET.

Information in different languages on how to protect yourself and on symptoms and treatment, and guidelines for travellers returning from affected areas.

Government of Canada/Public Health Agency of Canada

- **COVID-19 [Resource Hub](#)**

Visit for updates, travel advice, preparation advice, information on symptoms and treatment and prevention and risk, FAQ, guidance for communities, and [fact sheets and infographics](#).



有关新型冠状病毒的公共资源

多伦多市/多伦多公共卫生

- 多伦多公共卫生热线

时间：周一至周五上午 8:30 – 晚上 8 点；星期六和星期日上午 10 点至下午 6 点

电话：416-338-7600

电子邮件：PublicHealth@toronto.ca

- COVID-19 [资源中心](#)：

受影响城市服务的更新，提供旅行和健康建议（包含安大略省卫生部[自我评估工具](#)的链接）。

安大略省/安大略省卫生部

- 安大略省健康医疗热线

如果出现症状，请致电电话：1-866-797-0000

- COVID-19 [资源中心](#)

每周 7 天，每天上午 10:30 和下午 5:30 进行更新。包含有关如何保护自己以及症状和治疗方法信息，以及从受影响地区返回的旅行者的指南。

加拿大政府/加拿大公共卫生局

- COVID-19 [资源中心](#)

访问以获取更新，旅行建议，准备建议，有关症状和治疗，预防和风险的信息，常见问题解答，社区指南以及冠状病毒最新的[情况说明书和信息图](#)。

Practicing social distancing

To prevent the spread of COVID-19 and protect our community, Toronto Public Health encourages residents to stay home, when possible, and reduce their interactions with others. Social distancing means limiting the number of people you come into close contact with.

The most important thing you can do is stay home when you are sick. You can also:

Cancel large gatherings

- cancel gatherings with more than 50 people, especially with vulnerable residents, including seniors and people with pre-existing health conditions

Limit, postpone or cancel small gatherings

- if you can, connect with friends by phone or online
- keep children away from group settings including indoor playdates with other children

Go outdoors

- take a walk, go to the park, walk the dog
- keep a distance of 2 metres (6 feet) from others and stay home when sick
- greet others with a wave, a bow or a nod (in place of handshakes or hugs)
- after going outside, wash your hands with soap and water for at least 15 seconds, or use an alcohol-based hand sanitizer

Stay physically active

- go for walks or exercise outdoors
- do yoga or aerobics at home

Cancel non-essential trips

- consider if outings are necessary
- no parties or playdates

For essential trips (e.g. groceries, work)

- sanitize or wash your hands when entering and exiting buildings
- avoid long lineups
- use tap to pay rather than handling money
- when taking public transit, avoid prolonged close contact with others:
 - travel during non-peak hours
 - take shorter trips rather than one long trip

Avoid visits to care facilities

- protect vulnerable family members by avoiding visits to long-term care homes, retirement homes and other care settings unless it is absolutely essential

Consider alternative ways to work

- work from home, if feasible
- facilitate virtual meetings (video or teleconferencing)

While you may not feel sick we ask that you be mindful of those more vulnerable in our community. Thank you for your efforts to keep everyone healthy. We are all in this together.

新型冠状病毒：保持社交距离

保持社交距离

为防止新型冠状病毒的传播并保护我们的社区，多伦多公共卫生局鼓励居民尽可能待在家里，并减少与他人的互动。保持社交距离意味着限制与您密切接触的人数。

您可以做的最重要的事情就是生病时待在家里。您也可以：

取消大型聚会

- 取消 50 人以上的聚集，尤其是与弱势居民，包括老年人和已有健康问题的人的聚集

限制，推迟或取消小型聚会

- 尽可能通过电话或网络与朋友保持联系
- 让孩子远离小组活动，包括与其他孩子一起在室内玩耍

到户外

- 散步，去公园，遛狗
- 与他人保持 2 米（6 英尺）的距离，生病时留在家中
- 挥手，鞠躬或点头向他人打招呼（代替握手或拥抱）
- 出门回家后，用肥皂和水洗手至少 15 秒钟，或使用酒精类洗手液

保持身体活跃

- 散步或户外运动
- 在家做瑜伽或有氧运动

取消没有必要的出行

- 考虑出行是否有必要
- 不要举办聚会或约定玩耍

对于必要的出行（例如购买杂货，工作）

- 进出建筑物时要消毒或洗手
- 避免长时间排队
- 使用银行卡触碰付款而不是用现金
- 乘坐公共交通工具时，避免与他人长时间密切接触
- 在非高峰时段出行
- 进行短途出行而不是长途出行

避免去护理机构

- 除非绝对必要，否则避免去长期护理院，养老院和其他护理机构，以保护体弱的家庭成员

考虑其它工作方式

- 如果可行，在家工作
- 进行网络会议（视频或电话会议）

尽管您可能不会有生病的感觉，但我们还是请您注意我们社区中较弱势的人群。感谢您为保持所有人健康所做的努力。跟我们一起抗疫。