

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.



Timiskaming Health Unit - 705-544-2221 available weekdays 8:30am - 4:30pm

Telehealth Ontario – 1-866-797-0000 available 24 hours per day

If you have symptoms, call Telehealth Ontario at:

1-866-797-0000

TTY: 1-866-797-0007

Or contact your public health unit.

For more information,
visit **Ontario.ca/coronavirus**