

Coronavirus Virus Disease 2019 (COVID-19) Information for Mainstay Housing Tenants

About the COVID-19 virus

COVID-19 is a new virus. It spreads easily by respiratory droplets of an infected person to others with whom they have close contact, such as people who live in the same household or provide support.

How to Protect Yourself and Others

Stay home as much as possible

- Avoid public transportation, taxis or rideshares.
- If you can, do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safer to go out.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



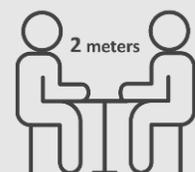
Avoid contact with others

- Limit face-to-face contact with other people.
- Use the phone or email to contact people.



Keep distance

- If you are in a room with other people, **keep a distance of at least two metres.**



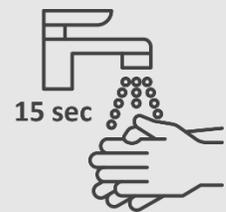
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, **not** your hand.
- Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.



Wash your hands

- Wash your hands often with soap and water for at least 20 seconds.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



What to do if you are feeling unwell

- Stay in your apartment.
- Complete the self assessment provided to you to determine if you could have COVID-19.
- Follow the instructions on the assessment.

You can access up-to-date information on COVID-19 on the Ontario Ministry of Health's website:

www.ontario.ca/coronavirus