



Caroline  
**MULRONEY**

MEMBER OF PROVINCIAL PARLIAMENT • YORK-SIMCOE  
CAROLINEMULRONEYMPP.CA

THE HEALTH AND WELLBEING  
OF ONTARIANS IS THE GOVERNMENT'S TOP PRIORITY.

[ontario.ca/coronavirus](https://ontario.ca/coronavirus)

People who are feeling unwell and self-isolating should seek clinical assessment over the phone either by calling their primary care provider's office, Telehealth Ontario 1-866-797-0000, York Region Public Health Unit 1-877-464-9675 or Simcoe Muskoka District Health Unit 705-721-7520 before attending an assessment centre.

To learn more about what the Ontario government is doing to protect the constituents of York-Simcoe, please visit my website and sign up for my daily updates. [www.carolinemulroneympp.ca](http://www.carolinemulroneympp.ca)

My constituency team is available to answer your questions. Please contact us at [caroline.mulroneyc@pc.ola.org](mailto:caroline.mulroneyc@pc.ola.org) / 905-895-1555

Everyone in Ontario should be practicing social distancing to reduce their exposure to other people by doing their best to avoid close contact with people outside their immediate family.

The Ontario government has been diligently monitoring the developing situation to protect the health and well-being of all Ontarians. They will continue to work with partners at every level to ensure the health and safety of Ontarians remains the top priority.

**Information is changing daily, even hourly.**

You can access up to date information on COVID-19 and take a self assessment at [\*\*ontario.ca/coronavirus\*\*](https://ontario.ca/coronavirus).

It is important to note that you are being asked to self-isolate for 14 days if you have recently travelled outside of Canada.

CONSTITUENCY OFFICE:

Unit 8, 45 Grist Mill Rd., Holland Landing, ON L9N 1M7 • Email: [Caroline.mulroneyc@pc.ola.org](mailto:Caroline.mulroneyc@pc.ola.org) • Tel: 905-895-1555

*Anyone who has travelled outside of Canada should self-isolate for 14 days when they return. People who are self-isolating should not go to work and should monitor themselves for symptoms of the novel coronavirus.*

# PREVENTION

## HOW BEST TO PROTECT YOURSELF AND YOUR FAMILY

### How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

There is no vaccine available at the moment to protect against the 2019 novel coronavirus.

### What are the symptoms?

Symptoms range from mild-like flu and other common respiratory infections to severe. The most common symptoms include:

- fever
- cough
- difficulty breathing
- muscle aches
- headache
- sore throat
- runny nose

Visit Ontario's website  
**Ontario.ca/coronavirus**

to learn more about how the province continues to protect Ontarians from COVID-19.

### Everyday actions we can all do

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:



**Wash your hands often with soap and water or alcohol-based hand sanitizer.**

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



**Avoid touching your eyes, nose or mouth.**

**Keep surfaces clean and disinfected.**



**Avoid contact with people who are sick.**

**STAY HOME if you are sick.**

