

Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself from COVID-19

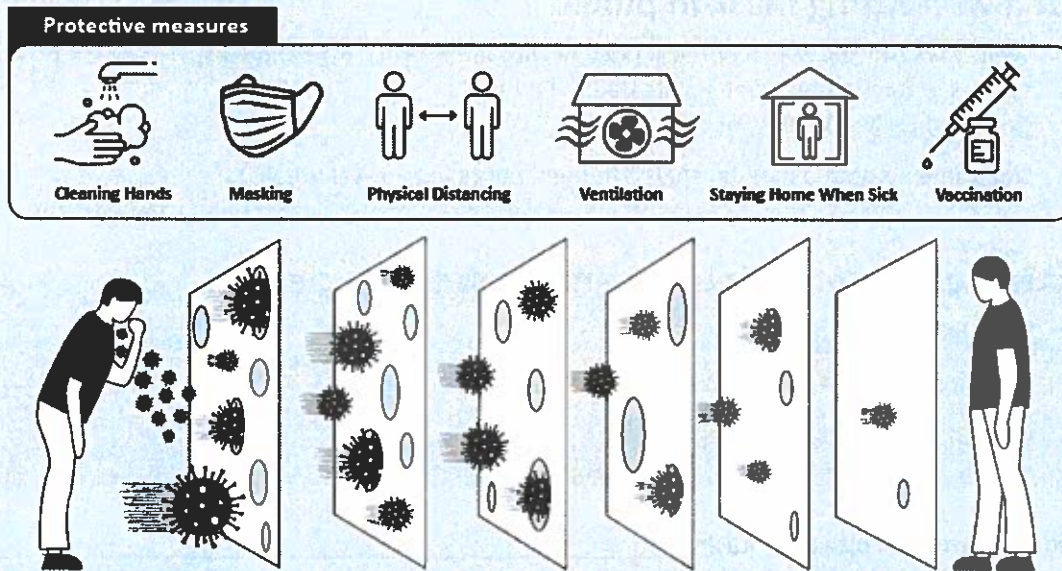
This fact sheet outlines prevention measures you can use to reduce the spread of COVID-19. Vaccination is one of the strongest layers of prevention. Combine it with other layers of prevention to lower your risk.

Ways COVID-19 is spread

- COVID-19 is spread most commonly during close contact (generally less than 2 metres) through an infected person’s respiratory droplets generated when a person breathes, coughs, sneezes, talks, or sings
- These droplets range in size from large ones which fall quickly to the ground to smaller ones, known as aerosols, which can remain suspended in the air.
- Aerosols may transmit over long distances, but the risk is higher with longer periods of time in indoor spaces with poor ventilation and lack of masking or distancing.
- Objects or surfaces (e.g., furniture, fixtures, gadgets) that have the COVID-19 virus on them may transmit the virus from your hands to your eyes, nose and mouth.

Layers of protection against COVID-19

Use **multiple layers** of prevention to provide the best protection, especially if you cannot avoid closed spaces, crowded places, and close contact. No single intervention on its own is perfect at preventing COVID-19 spread.



Adapted from: Rockefeller Foundation. Layers of protection against covid-19 - the “Swiss cheese” model [video recording on the Internet]. New York: Rockefeller Foundation; 2021 [cited 2021 Jun 02]. 1:15 min. Available from: <https://www.youtube.com/watch?v=ou88lei-52k>

Get vaccinated

- Get fully vaccinated as soon as you are eligible to do so. The more people who are vaccinated, the less COVID-19 will circulate in the community. For more information visit Ministry of Health website: [How to Book a COVID-19 Vaccine Appointment](#).



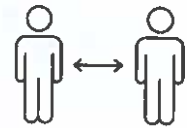
Stay home when sick or exposed

- Stay home and get tested if you develop symptoms. See Public Health Ontario's [How to Self-isolate](#) fact sheet.
- Unless advised otherwise by public health, stay home if you have been exposed to someone with COVID-19 even if you are feeling well. People can be infectious before they are sick.



Practice physical distancing and avoid crowded spaces

- Two metres distancing is the general recommendation, but further is better especially when indoors and unmasked, such as when eating.



Spend time outdoors or in well-ventilated indoor spaces

- When outdoors, practice physical distancing and wear a mask where distancing is not possible.
- Ensure your ventilation system is in good working order. If you don't have a ventilation system, open windows to increase fresh air flow.



Wear a well-fitting mask in public

- Wear a well-fitting 2-3 layer mask (ideally with filter layer). No bandanas, scarves or neck gaiters. See Public Health Ontario's [Non-medical Masks and Face Coverings](#).
- Limit time without a mask in shared indoor spaces (e.g., meal breaks).



Practice respiratory etiquette and keep things clean

- Wash your hands frequently.
- Cover your coughs and sneezes.
- Clean high-touch surfaces regularly.



For more information please contact: _____

The information in this document is current as of June 15, 2021