

COVID-19








新型冠状病毒

Protect Yourself

保护自己

The best way to prevent infection is to avoid being exposed to the virus with prevention measures including:

做好防疫措施，就是保护自己的最好方法：

	<p>Wash your hands often with soap and water or use an alcohol-based hand sanitizer. 勤用肥皂洗手或以酒精搓手液消毒双手</p>
	<p>Avoid touching your eyes, nose, and mouth with unwashed hands. 未洗手时，避免触碰眼睛、鼻子和嘴巴</p>
	<p>Avoid shaking hands with others. 避免与他人握手</p>
	<p>Practice physical distancing and avoid contact with people who are ill. 与人保持安全距离；避免与病人或带菌者接触</p>
	<p>Stay home when you are ill. 有病时，请待在家里</p>
	<p>Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm. 打喷嚏和咳嗽时请用卫生纸捂住口鼻，并立刻将卫生纸弃置于垃圾桶内和清洗双手。如果没有卫生纸，请用衣袖和手臂掩盖口鼻。</p>
	<p>Clean and disinfect frequently touched objects and surfaces. 勤清洁和消毒常用的物件和地方</p>

详情请参阅 toronto.ca/covid19 或致电 416-338-7600

Residents are reminded to use credible, evidence-based sources of information about this new coronavirus. Toronto Public Health's website is updated regularly as new information becomes available to help keep residents informed about COVID-19. 市民应参考循证可信的疫情资讯。多伦多公共卫生局网页会定期更新有关 COVID-19 的资讯。

Sources : Toronto Public Health 资料来源：多伦多卫生局

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