



LAYERS OF PROTECTION

to reduce the risk of COVID-19



Monitor for symptoms.
Stay home if sick.
Follow instructions at
[Ontario.ca/exposed](https://ontario.ca/exposed).



Get vaccinated.
Stay up to date on
vaccines, even if you
already had COVID-19.



Wash your hands
often, or use hand
sanitizer.



Cover coughs and
sneezes with a
tissue or elbow.



Clean and disinfect
frequently touched
surfaces.



Keep indoor spaces
well ventilated
(i.e. open windows).



Practice physical
distancing.
Keep 2 metres apart.



Wear a well-fitted
mask indoors.