

## COVID-19 (Coronavirus) Resources

| Name  | Phone Number  | Website   |
|---|---|---|
| <b>Wellington-Dufferin-Guelph Public Health</b>   | Office Tel: 519-822-2715<br>Toll Free: 1-800-265-7293                   | <a href="https://www.wdgpulichealth.ca">https://www.wdgpulichealth.ca</a>           |
| <b>Public Health Ontario</b>                      | Head Office (Toronto)<br>Tel: 647-260-7100<br>Toll Free: 1-877-543-8931 | <a href="https://www.publichealthontario.ca">https://www.publichealthontario.ca</a> |
| <b>Telehealth Ontario</b>                         | Tel: 1-866-797-0000   | <a href="http://www.health.gov.on.ca/en/">http://www.health.gov.on.ca/en/</a>       |
| <b>Government of Ontario COVID-19</b>             | Tel: 1-833-784-4397   | <a href="https://canada.ca/coronavirus">canada.ca/coronavirus</a>                   |
| <b>Centres for Disease Control and Prevention</b> | 800-232-4636  | <a href="https://www.cdc.gov">https://www.cdc.gov</a>                               |
| <b>World Health Organization</b>                  | +41-22-7912111  | <a href="https://www.who.int">https://www.who.int</a>                               |

### How to stop the spread

- **Self-isolate** immediately if you have returned from travel outside Canada.
- **Practise physical distancing** - stay 2 metres away from others.
- **Wash your hands** with soap and water thoroughly and often.
- **Clean phones** and other devices regularly.

