

# Worried about COVID-19?

Learn more  
at  
[peelregion.ca](https://peelregion.ca)

## Feeling unwell?

Travelled outside of Canada in the past 14 days?

Think you have been in contact with a case of COVID-19?

Stay home and call  
**Peel Public Health**

**905-799-7700**

Caledon 905-584-2216

## Protect yourself, protect others

### Help **protect yourself** from all respiratory illnesses by:

- washing hands regularly with soap and warm water or use an alcohol-based hand sanitizer
- avoiding touching your eyes, nose and mouth with unwashed hands
- avoiding close contact with people who are sick

### Help **protect others** by:

- staying home when you are sick
- covering coughs and sneezes with a tissue or your sleeve

CDS-0538 20/03

Get updates on COVID-19 at [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)  
or call Peel Public Health **905-799-7700**, Caledon **905-584-2216**

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working with you