COVID-19 COMMUNITY TIP SHEET
AND HELPFUL RESOURCES

HOW COVID SPREADS AND WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS!
The virus mainly spreads from close contact with an infected person when they cough, sneeze or talk. It is spread by droplets and not by air.
Keep a distance of 6 feet (2 metres apart) or 2 arm lengths from others.
Stay home as much as possible, and self isolate if you are sick.
• Visiting friends in other units in your building is not practicing physical distancing.
• Limit the number of people in the elevator to only 3 at a time and keep your distance.
The virus can land on surfaces and survive for hours, but does not spread easily this way.

WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS!
When soap and water is not available, use hand sanitizer with 70% alcohol.
Clean and disinfect commonly touched surfaces (e.g. countertops, door handles, etc.).

GROCERY SHOPPING TIPS!
Shop once a week & make a list to keep your trip short. Try to limit the amount of items you touch in the grocery store.

• Get some non perishable items in case you get sick but avoid panic buying!
• Keep 2 metres apart from other customers when you are in the aisles and when you are in line to pay.
• Masks and gloves can be helpful if used properly.
• If available to you, use tap to pay instead of handling cash.
• Clean your hands before & after handling groceries.
• Clean & disinfect surfaces after unpacking groceries.
• Wash vegetables & fruit as usual (with running water, no special soap is needed).

NOTE: There is no evidence that COVID-19 is spread by food or food packaging. Wiping down containers or packaging is not necessary. Wash your hands before preparing food and before eating!

WEARING A MASH!
You can make your own mask with material if you already have, or get a cloth mask.
Mask can protect others from your germs.
However, we all must safely wear a mask in order for it to be effective and continue to practice physical distancing when ever possible.

MASK SAFETY DOS & DON'TS
• Do wash your hands before putting it on & taking it off
• Do make sure it fits to cover your nose & mouth.
• Do wash your cloth mask in the laundry put it directly into washing machine or plastic bag for cleaning.
• Do clean surfaces that a dirty mask touches.
• Don’t touch your face or mask while using it.
• Don’t use masks on children under 2 or those who can’t breathe with them on.
• Don’t share your mask with others.
• Don’t leave it on your neck, forehead or hanging from your ear.

IMPORTANT NUMBERS AND WEB ADDRESSES YOU NEED TO KNOW!
For help or information around COVID-19 please call 416-467-0126 and get connected to one of TNO’s Settlement Workers who speak over 40 languages.
Call 211 and ask about any resource in the City, or text 21166. It is available in 150 languages.
If you are feeling sick, please call TeleHealth Ontario @ 1-866-797-0000 or Toronto Public Health COVID-19 Hotline @ 416-338-7600.
If you are in distress, please call GTA Distress line @ 416-408-4357, Seniors’ Hotline @ 416-217-2077, or Kids Help Phone @ 1-800-466-8585.
If you have tested positive, to request a space at the Toronto Voluntary Isolation Centre, call 416-338-7600.

THIS INFORMATION WAS BROUGHT TO YOU BY TNO - THE NEIGHBOURHOOD ORGANIZATION
February 2021 / Sources: Toronto Public Health, World Health Organization, Government of Ontario
FOR HEALTH CARE
Contact Flemingdon Health Centre (FHC) at 416-429-4931 or
Health Access Thorncliffe Park (HATP) at 416-421-6369

COVID POSITIVE SUPPORT FOR FAMILIES.
Call us at 647-477-1640 or 647-236-3473 or 647-293-5264 for help with support during your isolation period.

NEED FOOD DURING THE PANDEMIC?
Contact the TNO Food Collaborative at 647-236-0242

FOR SENIORS WHO ARE HOMEBOUND OR WITH A DISABILITY:
Adil at TNO 416-460-3350
Toronto Seniors Helpline 416-217-2077/1-877-621-2077 [available in 180 languages]
Society of Sharing 416-415-0380

NEED INCOME SUPPORT DURING COVID-19?
For information about EI, for additional questions about the CERB through Service Canada or if you have questions about transitioning to EI, please contact the EI call centre at 1-800-251-3331. You can also visit Service Canada’s website for information on current EI benefits: www.canada.ca/en/services/benefits/jei/regular-benefit-apply.html

ARE YOU RECEIVING EVICTION NOTICES AND NOT SURE ABOUT YOUR RIGHTS AS A TENANT?
If you are unable to pay your rent and/or asked by your landlord to leave your unit by a certain date, before signing any document, please call TNO - The Neighbourhood Organization at 416-467-0116 for more information regarding your options. You may also be eligible for an interest-free Rent Bank loan.

DO YOU NEED REPAIRS FOR YOUR BICYCLE, OR DO YOU WANT TO START BIKING AS EXERCISE OR A WAY TO MOVE AROUND DURING THE PANDEMIC?
The Gateway Bike Hub has free repair services and earn a bike programs by registration. Email info@gatewaybikeshub.org

DO YOU WANT TO HELP THE COMMUNITY DURING COVID-19 IN THORNCLIFFE AND FLEMINGDON PARK?
We need volunteers and community members to assist our vulnerable neighbors during this time. Please email volunteer@tno-toronto.org or visit https://tno-toronto.org/career-volunteer-opportunities for more information. Let us know if you specifically want to help at the TNO Food Collaborative.

DON'T FORGET TO JOIN THE COMMUNITY
at 7:30pm every day for 5 minutes to show your support for frontline workers by opening your window and cheering or making noise.

TNO – THE NEIGHBOURHOOD ORGANIZATION
If you require support or services during this time, please contact us at 416-467-0116 or email us at info@tno-toronto.org
TNO Staff members continue to work remotely to support clients by delivering services virtually and by phone to support the community during this challenging time.

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