



COVID-19 Public Health Information and Updates



At CMHA Toronto, we are committed to protecting the health, safety and well-being of our community and every staff member, student, volunteer, service user, and family member we work with. With the amount of information and attention on COVID-19, we understand it can be overwhelming to find credible and accurate information, causing feelings of distress, fear and anxiety. To help you easily navigate COVID-19 information and updates, we have compiled a list of resources from government and public health agencies:

If you think you or someone you know may be experiencing symptoms of coronavirus, use the Ministry of Ontario's self-assessment tool to determine if you need to seek further medical care:

- [Ministry of Ontario's self-assessment tool](#)

If you have you received a test and are waiting for your COVID-19 results, you can access and view your results from the Ministry of Health's COVID-19 Test Results Viewer:

- [COVID-19 Test Results Viewer](#)

For the latest public health information and updates regarding COVID-19:

- Toronto updates and information: [Toronto Public Health](#)
- Ontario updates and information: [Ontario Ministry of Health](#)
- Canada updates and information: [Health Canada](#)
- Global updates and information: [World Health Organization](#)

For education and information on how to best protect yourself from COVID-19:

World Health Organization

- [Busting myths about COVID-19](#)



**Canadian Mental
Health Association**
Toronto

Public Health Canada

- [Understanding physical distancing](#)

Public Health Ontario

- [How to self-isolate](#)
- [How to self-monitor](#)
- [When and how to wear a mask](#)
- [How to wash your hands and use hand sanitizer](#)
- [Understanding physical distancing](#)
- [How to care for pets and other animals](#)
- [How to self-isolate while working](#)
- [Self-isolation: Guide for caregivers, household members and close contacts](#)