



The Women's Multicultural Resource and Counselling Centre of Durham

Social distancing and isolation increases risk for women

residing with abusive partners, you can still reach out for help: (905) 427-7849. If you are in danger please call 911.

Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.

Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.