

We will aim to stay in touch regularly with you all by email about this program and other SKETCH offerings as we get more information. We also invite you to keep an eye on the SKETCH [Facebook](#) & [Instagram](#) pages for updates, useful resources, Quarantine art and more!

Please stay in touch. Stay connected and even grow your webs of care! This time calls for deep self & collective care.



Toronto Public Health recommends ongoing preventative actions to help prevent the spread of infection:

- Wash your hands frequently with soap and water for at least 20 second and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then discard tissue immediately into a closed bin and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces.
- If you have travelled recently, stay at home and monitor for symptoms of COVID-19 for 14 days.

For more information on COVID-19 and prevention measures, please visit <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

**PLEASE NOTE:** Toronto Public Health has confirmed that you DO NOT NEED OHIP to be seen at the Covid Testing Centres.

Global Corona Covid-19 Tracking Site (Use with moderation!) <https://ncov2019.live/>

### **HEALTH & BASIC NEEDS:**

Here is a link to the COVID Assessment Centres around the city:

<https://www.toronto.ca/home/covid-19/covid-19-health-advice/covid-19-assessment-centres/>

The Daily Bread Food Bank is continuing their regular scheduled programming while taking extra precautionary steps to protect health and safety. Here is a link to their offerings and information: <https://www.dailybread.ca/>

List of cheap foods & herbs you can eat to increase your immune system:

<https://goodnessme.ca/blogs/goodness-me/21-immune-boosting-foods-tonics-teas>

Emergency Fund for Toronto's Precarious Workers: <http://bit.ly/2WhPvNi>

Friends of Ruby is maintaining crisis and counselling appointments, and providing additional supports to youth over the phone and through the internet. If a youth needs any type of assistance with mental health or coping with COVID-19, or finding food, shelter and other resources they can call 416-359-0237 or email: [info@friendsofruby.ca](mailto:info@friendsofruby.ca).

### Community Care Webs:

Toronto Arts/Live Events Industry- Care Mongering:  
<https://www.facebook.com/groups/TOarts.caremongering/>

QTBIPOC Care Mongering TO: Post resources available & post needs you have! Offer supports where you can! <https://www.facebook.com/groups/TO.Community.Response.COVID19/>

### Political Engagement:



<https://migrantrights.ca/covid19/>

[Sign this letter](#) to call for:

### ARTS BASED:

Resources for Canadian artists, writers and media workers during COVID-19 shutdowns: <http://bit.ly/2WjMWKA>

Want to post your work?

[https://www.socialdistancingfestival.com/?fbclid=IwAR217X7K8jQru-jmNJ2nwNm5zmKrbpVe6BHto29p\\_6mX0qfjTkoazyOD88](https://www.socialdistancingfestival.com/?fbclid=IwAR217X7K8jQru-jmNJ2nwNm5zmKrbpVe6BHto29p_6mX0qfjTkoazyOD88)

Need to talk to other makers/creatives:

<https://discordapp.com/invite/RvJXt4?fbclid=IwAR0CIXSgRjoiABEaNWoWWN7aurTPaSW8t4sqkhLr4uvToqT1zSbGDw0-4j0>

Famous Museums offering virtual tours - [Find links here!](#)

Free Opera Streaming: [Link here](#)

Free Documentary Films: [Link Here](#)

And lastly, an artful daily challenge by our beloved Pree! - while in Quarantine make a piece of art using the following themes/materials/subjects! Share with your people!



TUNES BY SKETCH ARTISTS, ALUMNI & COMMUNITY:

MomxWyfe - [BOP](#)

CH\$NGE - [Since I Came Up](#)

CH\$NGE - [If I Don't Know Nothing](#)

Dynesti - [60 Day Notice](#)

Bangerz Brass - [Bangerz Delight](#)

Dynesti - [Dun Da Place](#)

Charmie - [Magical Carpet Ride](#)