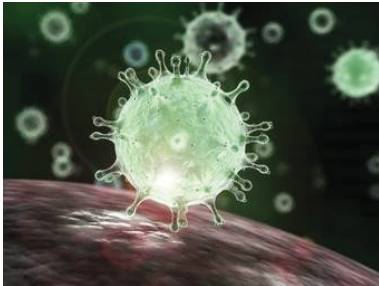


**COVID 19 ADVISORY**



Dear Members

With the current COVID-19 pandemic impacting our city and the recent communications from Alberta Health Services, your Board of Directors wanted to reach out and take the opportunity to remind everyone of safety precautions and social distancing that can help to limit viral spreading.

The Alberta government says the risk for Albertans to get COVID-19 could change in the coming weeks or perhaps months. Public health measures are in place to quickly identify potential COVID-19 cases and prevent the infection from spreading. Please refer to the following AHS website for further information

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

We understand that this is a stressful time of uncertainty for many and we hope that everyone remains healthy. Firstly, we wanted to remind members of **general guidelines** that have been recommended by AHS:

**PREVENT THE SPREAD**



- If you or anyone in your household experience any symptoms, such as cough, fever, shortness of breath (i.e. those resembling a cold), everyone is directed to stay at home, away from others and self-isolate.
- Wash your hands well and frequently.
- Cough/sneeze in to a tissue.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.

- Clean and disinfect surfaces that are frequently touched.
- Practice social distancing (finger-tip to finger-tip).

ALL travellers returning to Alberta from outside Canada on or after March 12th are required to self-isolate immediately, for 14 days, and monitor for symptoms.

**MONITOR YOUR SYMPTOMS**

If you have symptoms, like a dry cough, fever, fatigue or difficulty breathing:

**Cover Your Cough**

Stop the spread of germs that make you and others sick!

Cough or sneeze into your sleeve, not your hands

OR

Cover your mouth and nose with a tissue and put your used tissue in the waste basket

**Clean your hands after coughing or sneezing**

Wash your hands with soap and warm water, for at least 20 seconds

OR

Clean hands with alcohol-based hand rub or sanitizer

Original date: October 2009  
Revised date: January 2020

Alberta Health Services

- Stay home, do not go to an ER or clinic.
- Take the COVID-19 self-assessment online at [myhealth.alberta.ca](https://myhealth.alberta.ca).

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

- Call Health Link 811 for instructions and testing.

**COMMON SENSE**

After touching door handles, elevator buttons, vending machines, shopping cart handles, touch screens or other common area surfaces, we recommend that you wash your hands or use sanitizer as soon as possible.



<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>