WE’RE IN THIS TOGETHER!
Please protect yourself and others and prevent the spread of COVID-19

Maintain at least two metres of distance between yourself and the next person

• If you and your neighbours fully hold out your arms at your sides, you should not be able to touch

Practice good hand hygiene at all times

• Wash your hands frequently with soap and water for at least 20 seconds at a time
• Use hand sanitizer if soap is not immediately available, and follow up with soap and water as soon as possible

Cough or sneeze into your arm – not your hand – or use a tissue

Stay home as much as possible

Keep current on what’s happening with COVID-19 in Alberta by checking out the following links:
Alberta Health Services: www.albertahealthservices.ca
Government of Alberta: www.alberta.ca/COVID19
Government of Canada: www.canada.ca/en