

COVID-19 INFORMATION

HELP PREVENT THE SPREAD

Prevention starts with awareness. Be informed on how you can protect yourself and others from COVID-19.

- **Now mandatory to self-isolate for 10 days if you're feeling sick**
- **Now mandatory to self isolate for 14 days if you're returning from international travel, or in close contact with people confirmed to have COVID-19**
- **Stay home – if you must leave your home, maintain physical distancing of 2 metres**
- **Wash your hands frequently for at least 20 seconds**
- **Cover coughs and sneezes**
- **Avoid touching your face**

Stay informed on how you can help prevent the spread.

alberta.ca/covid19

Alberta 