

COVID-19 INFORMATION

HELP RELAUNCH, SAFELY

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

- Isolate if you're feeling sick
- When out, maintain physical distancing of 2 metres
- Wash your hands frequently for at least 20 seconds with warm water and soap
- Cover coughs and sneezes and stay home if you are sick
- Avoid touching your face
- Wear a mask in public places where keeping a distance of 2 metres is difficult

alberta.ca/covid19

Alberta 