

COVID-19 INFORMATION

MASKS ARE NOW MANDATORY

To help bend the curve and save lives, wearing a mask is now mandatory in all indoor public spaces and workplaces across Alberta.

Whether you're inside or outdoors, wearing a non-medical mask is an effective way to protect yourself and others when physical distancing may not be possible.

alberta.ca/covid19

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HELP IS HERE FOR YOU

The COVID-19 outbreak has changed our daily routines and adjusting hasn't been easy. Not for anyone. If you or someone you know is feeling overwhelmed and struggling to cope, help is available—24/7.

Visit alberta.ca/mentalhealth to find resources.

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PHYSICAL DISTANCING TIPS

GROCERY SHOPPING

When out in public, practicing physical distancing by staying at least 2 metres from others can help you reduce your risk by minimizing contact with others in the community.

- Order online and try to have groceries delivered if possible
- Try to shop at times when there are fewer shoppers
- Wear a face mask in places where keeping a distance of 2 metres is difficult
- Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store
- Use self-checkout if available
- Download and use the ABTraceTogether app to help protect you and your loved ones

STAY INFORMED

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NO INDOOR SOCIAL GATHERINGS

If you violate a public health order, you may be subject to a \$1,000 fine. Additionally, you can be prosecuted for up to \$100,000 for a first offense.

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