

## COVID-19 INFORMATION

# HELP RELAUNCH, SAFELY

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**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

STAY INFORMED

[alberta.ca/covid19](https://alberta.ca/covid19)

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