

**COVID-19 INFORMATION**

# **HELP PREVENT THE SPREAD**

**Prevention starts with awareness.  
Be informed on how you can  
protect yourself and others from  
novel coronavirus:**

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

**Concerns about your health?  
Call Health Link 811.**

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

*Alberta* 