

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

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