COVID-19 can harm people of any age. Those with other serious health conditions may be at higher risk.

If you have symptoms of COVID-19, call 811 or visit alberta.ca/covid19 for the latest information on what you can do to help stop the spread.

**Coverings**

Wearing a covering is important when you are around others who do not live in your household. This helps slow the spread of COVID-19.

**Handwashing**

Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

**Physical Distance**

Maintain at least 2 meters of distance from others who do not live in your household.

**Stay Home**

Stay home if you are sick, have been in contact with someone who has COVID-19, or have come into contact with someone who has tested positive for COVID-19.

**Masking**

Masks are required to be worn in public places and when in public transportation.

**Vaccination**

Getting vaccinated is the best way to protect yourself and your community. Albertans can register to book a vaccine appointment by visiting alberta.ca/vaccine or calling 811.

**Testing**

COVID-19 testing is available for anyone with COVID-19 symptoms or who has been exposed to someone with COVID-19.

**Isolation**

If you have COVID-19 or have been exposed to someone with COVID-19, you must isolate until you are cleared to return to normal activities.

**Contact Tracing**

If you are contacted by a contact tracer, it is important to follow their instructions to help prevent the spread of COVID-19.

**COVID-19 and Work**

Employers have a duty to assess risks and protect workers from COVID-19. Workplaces must have a plan in place to prevent the spread of COVID-19.

**COVID-19 and Education**

Schools and child care centres have implemented measures to keep students and staff safe from COVID-19.

**COVID-19 and Health Care**

Health care providers have implemented measures to keep patients and staff safe from COVID-19.

**COVID-19 and Travel**

Travel to and from affected areas can increase the risk of COVID-19 transmission.