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COVID-19 info for Albertans

Actions to protect Albertans and prevent the spread of novel coronavirus.

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Current situation

The COVID-19 outbreak was declared a global pandemic by World Health Organization (WHO). Alberta declared a public health emergency.

- [Guidance for business owners re-opening or continuing operators after May 4](#) ↓
- [Get the ABTraceTogether mobile app](#)
- [Complete information for Albertans](#)
- [Updates from the Chief Medical Officer](#)

Last updated: May 4 at 5:15 pm

[Opening soon: Alberta's relaunch strategy](#)

A safely staged COVID-19 recovery plan to gradually reopen businesses and services and get people back to work.

[Testing](#)

COVID-19 testing is now available to anyone with symptoms: cough, fever, shortness of breath, runny nose or sore throat. Find out how to get tested.

[Mandatory isolation](#)

You must isolate for 10 days if you have symptoms, or for 14 days if you were exposed to a confirmed COVID-19 case or returned from international travel. Learn more.

[Practice physical distancing](#)

Help prevent the spread of COVID-19. Practice physical distancing and take steps to protect yourself and others from getting sick. Find out how.

Cases in Alberta

Location	Confirmed cases	Deaths	Recovered cases
In Canada	59,914	3,775	-
In Alberta	5,836 (70 new cases)	104	2,942

Updated May 4

Data reported in the table is based on a 24-hour period from 2 pm to 2 pm. Aggregate data reported in the interactive data application is based on calendar day.

[View data and projections →](#)

Prevent the spread

Mandatory isolation requirements

Isolation can help prevent the spread of COVID-19.

Under public health order, you are legally required to isolate for:

- 14 days if you returned from international travel or are a close contact of a person with COVID-19, plus an additional 10 days from the onset of symptoms, should they occur
- 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition

[Learn how to isolate and prepare →](#)

Last updated: April 3 at 4 pm

Restrictions on gatherings

No gathering of more than 15 people is allowed in one indoor or outdoor location.

People gathered in groups of fewer than 15 people must maintain a distance of 2 metres from one another. Gatherings must occur in a space that allows for [mandated physical distancing](#) (at least 2 metres between attendees).

[View all gathering restrictions →](#)

Last updated: April 13 at 1 pm

Restrictions on businesses

Non-essential businesses are prohibited from offering services in a location accessible to the public.

Businesses that are on the [essential workplaces list](#) can remain open and have more than 15 people on a worksite as long as risk mitigation strategies are implemented and followed.

[View all business restrictions →](#)

Updated: April 13 at 1:30 pm

Travellers and airline passengers

An official global travel advisory is in effect. Albertans should follow all travel recommendations.

- Avoid all non-essential travel outside Canada and all cruise ship travel.
- Canadians abroad should return home immediately.
- Returning travellers must:
 - follow mandatory 14-day isolation requirements and monitor for symptoms
 - check recent domestic and international flights for confirmed cases (info updated as cases are confirmed)

[View all requirements for travellers ↗](#)

Last updated: April 3 at 3:30pm

Help prevent the spread

All Albertans have a responsibility to [help prevent the spread](#). Take steps to protect yourself and others:

- practice [physical distancing](#)
- practice good hygiene: wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching face
- monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat
- self-isolate for the legally-required 10 days if you have any symptoms that are not related to a pre-existing illness or medical condition
- take the [COVID-19 self-assessment](#) ↗ if you're concerned about your health
- health care workers should follow [guidelines for personal protective equipment](#) ↓ (PDF, 87 KB) when caring for individuals who may have COVID-19. Alberta's Chief Medical Officer of Health has [endorsed these guidelines](#) ↓ (PDF, 109 KB).

[Learn more ways to prevent the spread →](#)

Wearing masks

Medical masks (N95, surgical or procedure masks):

- must be kept for health care workers and people providing direct care to COVID-19 patients

Non-medical masks (cloth or homemade):

- should only be used in addition to other protective steps
- are not proven to protect the person wearing it, but may help protect others
- cover your mouth and nose to prevent respiratory droplets from contaminating other people or surfaces
- must be worn and taken on/off properly as the outside can become contaminated

[Learn how to wear masks properly →](#)

Last updated: April 13 at 3:30 pm

Symptoms and risks

Symptoms

Symptoms

COVID-19 symptoms can be mild and are similar to influenza and other respiratory illnesses.

- Common symptoms: cough, fever (over 38°C), shortness of breath, runny nose or sore throat.
- Other symptoms can include: stuffy nose, painful swallowing, headache, chills, muscle or joint aches, feeling unwell in general, new fatigue or severe exhaustion, gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite), loss of sense of smell or taste, conjunctivitis (pink eye).
- Symptom of serious illness: difficulty breathing or pneumonia.

[Follow instructions if you have symptoms →](#)

Last updated: May 4 at 3:30 pm

Testing

Alberta has one of the highest testing rates in the world.

Testing is now available to:

- any person exhibiting symptoms of COVID-19
- asymptomatic close contacts of confirmed COVID-19 cases
- asymptomatic workers and residents at outbreak sites

[See symptom list and how to access testing →](#)

Last updated: May 4 at 3:30 pm

Health risks

COVID-19 can cause serious respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.

Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.

While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes.

[See isolation requirements →](#)

How it spreads

COVID-19 is transmitted through tiny droplets of liquid produced by people who have the virus.

These droplets spread by:

- coughing, sneezing, talking, laughing, and singing
- touching objects or surfaces the virus has landed on and then touching your eyes, nose or mouth (bath towels, kitchen utensils, door knobs, etc.)

People who have COVID-19 can spread it to others before they start to feel sick.

COVID-19 is not airborne, which means it doesn't stay in the air long and won't go very far. But if you are too close to someone with COVID-19 you can get sick by breathing in air that contains droplets with the virus.

We think the virus generally only survives for a few hours on a surface or object, but it may be possible for it to survive several days under some conditions.

[Help prevent the spread →](#)

Treatment

There is no vaccine or proven treatment for COVID-19 at this time. The virus is new and different, so needs its own vaccine – which researchers around the world are now working to develop.

Supportive care is being used to treat patients with COVID-19 and some medications are being tested to see if they can help severely ill patients.

Last updated: April 3 at 3:30 pm

COVID-19 vs. Influenza

Coronaviruses

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses.

Novel coronaviruses, like COVID-19, are new strains of the virus that have not been previously identified in humans. This means people have no immunity against it, and it has no vaccine or proven treatment.

COVID-19 vs. Flu

In some ways, COVID-19 is similar to influenza (also known as the flu), but there are also key differences.

Similarities

- Both cause respiratory disease.
- Both are spread by small droplets from the nose and mouth.
- Neither is spread through the air over long distances and times, unlike the measles.

Differences

- COVID-19 does not have a specific vaccine or treatment available.
- COVID-19 does not appear to transmit as efficiently as influenza:
 - only people with symptoms seem to be spreading the disease, but symptoms may be very mild, so transmission is possible even if the person is feeling well
 - controlling its spread is possible when people with symptoms are isolated
- COVID-19 causes severe disease and mortality in more cases than the flu. On average:
 - COVID-19 has resulted in 1 to 2 deaths per 100 cases
 - Flu results in 1 death in every 1,000 flu cases

Because COVID-19 can cause serious illness, it is critical to keep it from spreading by having [people with symptoms follow mandatory isolation requirements](#).

Expectant parents

There is currently no evidence to suggest:

- being pregnant increases your risk of getting COVID-19 or having serious complications
- the COVID-19 virus is transmitted to your baby during pregnancy, delivery or through breastmilk

However, there is always an increased risk of preterm or stillbirth with any significant maternal illness.

Talk to your health care provider if you have questions or are worried about leaving your home to attend appointments.

If you aren't feeling well, [take the online assessment to arrange testing](#) 





For more information, read the AHS [COVID-19 and Pregnancy guide](#) .

Get help

Mental health and addiction

The COVID-19 pandemic can have a significant impact on mental health.

Online resources are available if you need advice on handling stressful situations or ways to talk to children.

- [Help in Tough Times](#)  (AHS)
- [Mental health and coping with COVID-19](#)  (CDC)
- [Talking with children about COVID-19](#)  (CDC)
- [COVID-19 information for young kids and students](#) , (PDF, 122 KB)


If you need to talk, call the 24-hour help lines:

- Mental Health Help Line at [1-877-303-2642](tel:1-877-303-2642)
- Addiction Help Line at [1-866-332-2322](tel:1-866-332-2322)


Family and sexual violence

If you or someone you know is at risk of family or sexual violence, help is available.


Family violence

- Call our 24-hour Family Violence Info Line at [310-1818](tel:310-1818) to get anonymous help in over 170 languages.
- Chat live online with the [Family Violence Info Line](#)  for support in English (8 am – 8 pm)

Sexual violence

- If you need help finding sexual assault support services, call, text or [chat](#)  with the Alberta One Line at [1-866-403-8000](tel:1-866-403-8000) (Open 9 am to 9 pm in over 215 languages).

Other resources

- [Family violence during COVID-19 information sheet](#)  (PDF, 321 KB)
- [Find information on shelter and financial supports](#)
- [Learn how to recognize and prevent family violence](#)

Child neglect and abuse


Children are at a higher risk for neglect and abuse during times of uncertainty and crisis.

Call the 24-hour child abuse hotline at [1-800-387-KIDS](tel:1-800-387-KIDS) (5437) if you think a child is being abused, neglected or sexually exploited.

Learn the signs of abuse →

Caregivers support

Nearly one million Albertans act as caregivers for loved ones experiencing challenges related to illness, disability or aging. These caregivers need support too.

Caregivers can get psychosocial and other peer and community supports by calling the toll-free caregiver advisor line at [1-877-453-5088](tel:1-877-453-5088) or going online to caregiversalberta.ca .

Renters and landlords

Protections are in place for residential and mobile homes site tenants facing financial hardship due to COVID-19:

- Rents on residential properties or mobile home sites will not increase while Alberta's state of public health emergency remains in effect.
- Late fees cannot be applied to late rent payments until June 30 and cannot be collected retroactively for this time.
- Landlords and tenants need to work together to develop payment plans while COVID-19 is being managed.
 - Landlords cannot issue a termination notice or make an application to recover possession due to non-payment of rent, unless they can demonstrate attempts to create a reasonable rent payment plan, or that the tenant failed to comply with an established payment plan.
- Landlords can still file applications and receive orders for possession if the reason for the eviction is unrelated to rent and/or utility payments, or if a tenant refused to negotiate or comply with a payment

unrelated to rent and/or utility payments, or if a tenant refused to negotiate or comply with a payment plan.

Information regarding entry

Landlords and other individuals, including prospective tenants or purchasers of a property, are not permitted to enter a property if:

- the landlord is sick, isolating or showing any symptoms
- the tenant is sick, isolating or showing any symptoms
- the prospective tenant or purchaser is sick, isolating or showing any symptoms

Landlord access is still permitted if there is an emergency.

In the event of a showing, if a landlord, current tenant and prospective tenant are all healthy, the landlord may enter the property, provided:

- strict physical distancing and sanitizing methods are maintained
- a minimal number of people are present at once
- proper notice is given to the tenant

Resources

- [Rent Payment Plans](#) ↓
- [Ministerial Orders](#)

Last updated: May 1 at 2:45 pm

Consumer protection

We're receiving two types of complaints related to consumer exploitation resulting from COVID-19:

- retail outlet stores raising prices for high-demand products (i.e. toilet paper, hand sanitizer)
- private individuals purchasing mass quantities of supplies and reselling them at an inflated premium

The *Consumer Protection Act* prevents suppliers from grossly raising prices with no explanation beyond what is reasonable for goods that are readily available.

Unlike commercial sales, the act does not explicitly cover private sales. We urge all Albertans to act with consideration and caution and to find ways to help support each other in this time.

File a consumer complaint

If you see prices for products or services in Alberta skyrocket because of COVID-19, you can report it through our [Report-a-Ripoff submission form](#) or by calling 1-877-427-4088.

Cyber security

Cyber security incidents involving malware and fraudulent activities, including identity theft, are being reported across Alberta in the wake of COVID-19.

- Anyone who receives a call asking for credit card information should hang up immediately and call the non-emergency line for local law enforcement.
- Albertans are encouraged to continue to exercise caution when clicking on links or providing personal information to people and organizations that request that information, unsolicited.

[Learn about cyber security →](#)

Info for vulnerable Albertans and other organizations

Seniors and other vulnerable groups

Government issued public health orders to prevent the spread of respiratory viruses, including COVID-19, among seniors and vulnerable groups for the following settings:

- Long-term care facilities
- Licensed supportive living facilities, including seniors lodges and group homes
- Licensed residential addiction treatment centres (under the Mental Health Services Protection Act)

[Find updated guidelines and standards →](#)

Last updated: April 15 at 5:35 pm

Homeless shelters and service providers

On March 30, the Chief Medical Officer of Health recognized operators of shelters and temporary or transitional housing facilities provide an essential service in Alberta during this time of emergency.

- These facilities are exempt from the mass gathering public health order and may provide shelter to more than 15 people – as long as risk mitigation strategies are followed, including maintaining a minimum of 2 metres distance from one another. Read the [exemption letter](#) [↗](#) for more information.
- All non-essential gatherings inside or outside these facilities must include no more than 15 people.
- [Shelter guidance: preventing and controlling and managing COVID-19](#) [↓](#), (AHS) (PDF, 764 KB)

We are working with community-based organizations, homeless shelters and women's shelters to:

- update pandemic plans with guidelines and information specific to COVID-19
- expand shelter capacity and help current service providers to maintain physical distancing practices by finding additional space to house people

\$30 million has been committed to adult homeless shelters and women's emergency shelters to support their COVID-19 response.

Charities and not-for-profit organizations

\$30 million has been committed to charities, non-profits and civil society organizations to support their COVID-19 response.

More information on [emergency funding for charities and not-for-profit organizations](#)

Last updated: March 30 at 11:00 am

Volunteers

Volunteers play many important roles in communities across our province.

Volunteers and volunteer organizations must follow all necessary precautions to prevent the spread of COVID-19 to protect themselves and those they help.

- Volunteer organizations may have more than 15 volunteers and/or employees in one location.
- Volunteers and employees may work together at distances of less than 2 metres, where unavoidable.
- Volunteer organizations must take actions to prevent the transmission of infection among employees, volunteers and the people they are helping.
- Proper hygiene and cleaning practices must be followed within the volunteer organization.
- Any employee or volunteer with symptoms, including cough, fever, shortness of breath, runny nose, or sore throat, is required by law to isolate and may not participate in volunteer or workplace activities.

[Information for non-health care volunteers](#)  (PDF, 43 KB)

Faith-based organizations

We recognize Albertans need a place to worship together in their various religious traditions, in a way that doesn't put people at risk of spreading or contracting COVID-19.

Gatherings with over 15 people are strictly prohibited, but faith-based organizations can find other ways to worship, including:

- live streaming activities instead of in-person events, whenever possible
- gatherings with fewer than 15 people can happen as long as proper mitigation measures are followed:
 - people who are sick with a fever or cough must not attend
 - anyone at high risk of severe disease should not attend
 - practice physical distancing and maintain 2 metres between each person
 - stagger arrivals and departures to maintain physical distancing

- increase access to handwashing stations or alcohol-based sanitizer
- frequently clean surfaces that are touched often
- remove activities that require physical contact between participants or puts people at risk of infection, including singing
- singing in groups is a high risk activity as it promotes the transmission of the virus through respiratory droplets

For more information, see:

- [reducing risk in small gatherings](#)
- [guidance document for faith-based organizations](#) ↓ (PDF, 194 KB)

Last updated: May 2 at 7:30 pm

Schools and daycares

Child care

- Licensed child care facilities are closed to the general public at this time.
- Select licensed child care centres have reopened to provide child care for essential service workers.
- Home-based child care with 6 or fewer children (not including the caregiver's own children) can continue operating as long as safety measures are in place.

Child care programs will be able to reopen to the public as early as May 14. We are working with health officials to put new conditions and guidelines in place for the [relaunch](#) of child care programs.

Learn more about child care during COVID-19 →

Resource:

- [COVID-19 information for young kids and students](#) ↓ (PDF, 122 KB)

Last updated: May 1 at 2:30 pm

K-12 Schools

- All classes in K to 12 schools are cancelled for the 2019-20 school year
- All Grade 6 and 9 provincial achievement tests and Grade 12 diploma exams are cancelled through to the end of June
- School authorities will offer at-home learning opportunities for all kindergarten to Grade 12 students
- Each student will get final grades and a report card appropriate to their grade level

- High school students on track to receive 100 or more credits will still be eligible to graduate

Student learning during COVID-19 →

Resources

- [Record of decision by the chief medical officer of health](#) ^[↗] (March 16, 2020)
- [COVID-19 information for young kids and students](#) ^[↓] (PDF, 122 KB)

Last updated: May 1 at 1 pm

Post-secondary institutions

Effective immediately, in-person classes at post-secondary institutions are cancelled until further notice. Campuses remain open.

We are working with post-secondary institutions to ensure that these extraordinary circumstances do not prevent students from being eligible for admission to post-secondary studies for the upcoming school year.

Resources:

- [Record of decision by the chief medical officer of health](#) ^[↗] (March 16, 2020)

Last updated: March 15 at 5 pm

Government response

Support the Alberta Bits and Pieces Program

[Submit your offers of products or services](#) ^[↗] to the Alberta Bits and Pieces Program if you're interested in supporting the COVID-19 response.

If there is a requirement for your product or service, you will be contacted by a representative of the Government of Alberta.

The program is named after the “bits and pieces program” established by Canada’s Minister of Munitions and Supply during the Second World War, C. D. Howe. The program coordinated innovative production and procurement efforts from across the Canadian economy to support the war effort.

Alberta government action plan

The Alberta government is taking action to protect the safety, security and economic interests of Albertans amidst the ongoing COVID-19 pandemic.

[See the weekly overview of the COVID-19 action plan](#) (April 26-May 2)

Public health actions

Alberta's public health officials are carefully monitoring the situation in Canada and around the world. They are:

- working closely with federal, provincial and territorial partners to share information and assess potential health risks
- ensuring our health system is responding effectively
- ensuring front-line health professionals have information about the virus so they can:
 - take recommended actions
 - promptly report potential cases to public health officials
- updating isolation and self-monitoring recommendations for returning travellers as required
- tracing all close contacts of confirmed cases, testing and isolating those who are symptomatic, and asking even those who feel well to isolate for 14 days after their last contact with the case
- granting law enforcement the authority to enforce public health orders and issue fines to anyone violating a public health order
- protecting Albertans in congregate care facilities by updating standards and guidelines
- making testing available to all Albertans with COVID-19 symptoms (cough, fever, shortness of breath, runny nose or sore throat)

Updated: April 15 at 11 am

Info for municipalities

We are providing advice based on current evidence and [public health recommendations](#) ^[↗] from the Public Health Agency of Canada.

Helping local organizations plan for an outbreak

- [Business continuity planning](#) ^[↓] (PDF, 319 KB) is essential in preparing critical operations for potential interruptions.
- [Alberta Emergency Management Agency](#) field officers are available to support municipalities, First Nations and Metis Settlements with their emergency management and business continuity planning.



Supporting the health system

Communities should:

- refer anyone with health-related concerns to [Health Link 811](#) ^[↗] and promote it as a reliable source of information
- promote the [Respiratory Viruses and the Workplace guide for workplaces](#) ^[↗]

- review business continuity plans to ensure disruptions from staff shortages have been considered, especially for critical operations
- stay informed about the current situation in Alberta via this web page

Resources

- [OHS: Respiratory viruses and the workplace](#) 
- [Business continuity planning](#)  (PDF, 319 KB)
- [Help Prevent the Spread posters](#)

Last updated: March 15 at 5 pm

Government service changes

Temporary office closures

Some Alberta government office locations have temporarily closed to the public.

To find out how to access affected government services, visit the program's web page or call Alberta Connect at 310-4455 from 8 am to 6 pm, Monday to Friday.

[View list of temporary office closures →](#)

Registry services

Registry agents are providing select services by phone, secure email, fax or mail to reduce the number of Albertans who need to visit in person.

As of April 28, the following registry services are available through alternative delivery methods:

- All corporate registry services (available by fax or email)
- All personal property registry services (available by fax or email)
- Select motor vehicles services (available by telephone, fax, mail or email with secure encryption)
 - Driver's licence services:
 - Renewal (one year with existing photo)
 - Replacement
 - Re-class
 - Exchange (address change)
 - Condition Code maintenance
 - Cancellation

- Provide audit control number (barcode number on the licence – sometimes required to access services online that require identification)
- Vehicle registration services:
 - Renewal
 - Duplicate registration certificate
 - Replacement validation tab (expiry date sticker on licence plate)
 - Exchange licence plate
 - Transfer registration to a new vehicle
 - Cancellation
 - Specialty plate order (Support our Troops, Calgary Flames, Edmonton Oilers)
- Other:
 - Driver's abstract
 - Vehicle Information Report
 - Payment on account, including fine payments
 - In-transit permits
 - Appeal applications for Alberta Transportation Safety Board

[Find a Registry Agent →](#)

Last updated: April 28 at 11 am

Driver's licence and vehicle registration extension

Expiry dates for Alberta drivers' licences, identification cards, vehicle registrations, other permits and certificates is extended until May 15.

Driver's licences and ID cards

Drivers' licences and ID cards expire on the holder's birthday in the year noted on the card.

- Albertans who have birthdays from March 17 through May 14 and whose cards expire this year, now have until May 15, 2020 to renew.
- Expiry dates can be found on your card and Albertans with birthdays from March 17 through May 14 are encouraged to confirm whether they need to renew this year.

Vehicle registration

Vehicle registrations expire on an assigned month based on the registrant's surname or a company name.

- Albertans and companies with registrations expiring in March and April (including those whose last names begin with B, D, G, Y) will now have until May 15, 2020 to renew their vehicle registrations.

Driver road tests

Driver road tests are suspended until the public health emergency ends.

Cancelled road tests can be rebooked online at no additional charge once it is safe to resume testing.

Updated: April 14 at 5 pm

Medical exam changes

Medical evaluations

Drivers who require a medical evaluation to apply or renew their licence now have 90 days from the date of renewal or issuance to provide their completed medical form.

This will reduce the current strain on the healthcare system. Medically, high risk drivers will still be required to present their medical evaluation at the time of their application or renewal.

See [Medical conditions and driving](#) for more information.

Corporate Registry changes

Corporate Registry changes

In keeping with public gathering restrictions, deadlines are suspended for corporations, partnerships, cooperatives and non-profit organizations to hold annual general meetings and file their annual returns

These groups will remain active in Alberta, and will not have their corporations, partnerships, cooperatives or non-profit organizations dissolved due to failing to file annual returns.

[Learn more →](#)

Court and justice services changes

The Alberta Court of Queen's Bench, the Provincial Court of Alberta and the Alberta Court of Appeal are limiting services to essential and urgent functions.

Alberta Court of Queen's Bench

There are changes at the court because of COVID-19. Read more at [Alberta Court of Queen's Bench information](#) [↗](#).

Provincial Court of Alberta

There are changes at the court because of COVID-19. Read more at [Provincial Court of Alberta information](#)



Alberta Court of Appeal

There are changes at the court because of COVID-19. Read more at [Alberta Court of Appeal information](#)

Chief medical officer updates

Regular updates from Dr. Deena Hinshaw, Alberta's chief medical officer of health.

Transcripts

- [May 4, 2020](#)
- [May 1, 2020](#)
- [April 30, 2020](#)
- [April 29, 2020](#)
- [April 28, 2020](#)
- [April 27, 2020](#)
- [April 24, 2020](#)
- [April 23, 2020](#)
- [April 22, 2020](#)
- [April 21, 2020](#)
- [April 20, 2020](#)

Protecting families and the economy



[ABTraceTogether](#)

Help prevent the spread of COVID-19 with the ABTraceTogether mobile app.



[Student learning during COVID-19](#)

Guidelines for continuing K to 12 student learning while in-school classes are cancelled due to COVID-19.



[Agriculture Job Connector](#)

Matching workers with employers to fill agriculture and agri-food jobs.



[Alberta Northern Lights - Volunteering during COVID-19](#)

We recognize the crucial role being played by volunteers during this unprecedented state of public health emergency.

Resources

COVID-19 INFORMATION

PRACTICE PHYSICAL DISTANCING

Keep at least 2 metres (about the length of a hockey stick) between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

alberta.ca/covid19

Alberta

April 1, 2020

COVID-19 INFORMATION

HELP PREVENT THE SPREAD

Prevention starts with awareness. Be informed on how you can protect yourself and others from COVID-19.

- Now mandatory to self-isolate for 10 days if you're feeling sick
- Now mandatory to self-isolate for 14 days if you're returning from international travel, or in close contact with people confirmed to have COVID-19
- Stay home - If you must leave your home, maintain physical distancing of 2 metres
- Wash your hands frequently for at least 20 seconds
- Cover coughs and sneezes
- Avoid touching your face

Stay informed on how you can help prevent the spread.

alberta.ca/covid19

Alberta

March 31, 2020

COVID-19 INFORMATION

PLEASE DO NOT ENTER

AND SELF-ISOLATE IMMEDIATELY, IF YOU:

- Have a fever, cough, sore throat, runny nose, or shortness of breath
- Have travelled outside of Canada within the last 14 days
- Are a close contact of a person who tested positive for COVID-19

All other visitors, please wash your hands, or clean them with hand sanitizer before and after your visit. Please maintain physical distancing of 2 metres.

Thank you for your cooperation.

Stay informed on how you can help prevent the spread.

alberta.ca/covid19

Alberta

April 1, 2020

- [COVID-19 Information Posters](#)
- Alberta COVID-19 Information sheets (PDF):
 - [English](#) ↓ | [French](#) ↓ | [Arabic](#) ↓ | [Traditional Chinese](#) ↓ | [Simplified Chinese](#) ↓ | [Hindi](#) ↓ | [Korean](#) ↓

| [Punjabi](#) ↓ | [Somali](#) ↓ | [Spanish](#) ↓ | [Tagalog](#) ↓ | [Urdu](#) ↓ | [Vietnamese](#) ↓ |

- [Guide for people with disabilities](#) ↓ (PDF, 115 KB)
- [Information for young kids and students](#) ↓ (PDF, 122 KB)

- Government of Canada COVID-19 updates:
 - [English](#) [↗] | [French](#) [↗] | [Simplified Chinese](#) [↗]
- [Alberta Health Services \(AHS\) COVID-19 updates](#) [↗]
- [World Health Organization COVID-19 updates](#) [↗]

News

Situation updates

- [Update 52: COVID-19 pandemic in Alberta](#) (May 4)
- [Update 51: COVID-19 pandemic in Alberta](#) (May 3)
- [Update 50: COVID-19 pandemic in Alberta](#) (May 2)
- [Update 49: COVID-19 pandemic in Alberta](#) (May 1)
- [Update 48: COVID-19 pandemic in Alberta](#) (April 30)
- [Update 47: COVID-19 pandemic in Alberta](#) (April 29)
- [Update 46: COVID-19 pandemic in Alberta](#) (April 28)
- [Update 45: COVID-19 pandemic in Alberta](#) (April 27)
- [Update 44: COVID-19 pandemic in Alberta](#) (April 26)
- [Update 43: COVID-19 pandemic in Alberta](#) (April 25)
- [Update 42: COVID-19 pandemic in Alberta](#) (April 24)
- [Update 41: COVID-19 pandemic in Alberta](#) (April 23)
- [Update 40: COVID-19 pandemic in Alberta](#) (April 22)
- [Update 39: COVID-19 pandemic in Alberta](#) (April 21)
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