

 [COVID-19: Alberta is in Stage 2 of relaunch. Continue acting safely to prevent the spread while supporting Alberta businesses. Find out how.](#)



[← Alberta's COVID-19 response](#)

# COVID-19 info for Albertans

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

[Cases in Alberta](#)

[Symptoms and testing](#)

[Isolation requirements](#)

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## Current situation

Alberta is now in Stage 2 of relaunch. Albertans can and should confidently support Alberta businesses, while continuing to act responsibly and following all public health measures.

- [Complete COVID-19 information for Albertans](#)
- [Updates from the Chief Medical Officer](#)

### [Alberta's Recovery Plan](#)

A plan to build, diversify and create jobs today to provide hope for the future.

### [Alberta Biz Connect](#)

Guidance and supports for business owners reopening or resuming operations to help keep workers and customers safe.

### [Testing](#)

COVID-19 testing is now available to all Albertans, even if they don't have symptoms. 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.](#)

## Cases in Alberta

	In Alberta	In Canada
Total cases	8,436 (47 in the last 24 hours)	105,982
Active cases*	620	-
Recovered cases	7,659	-
In hospital	54	-
In intensive care**	6	-
Deaths	157	8,695
Completed tests	493,935	-

Updated July 7

\*Active cases include both community cases and hospitalizations.

\*\*ICU cases are a subset of those in hospital.

[View cases, projections and outbreaks →](#)

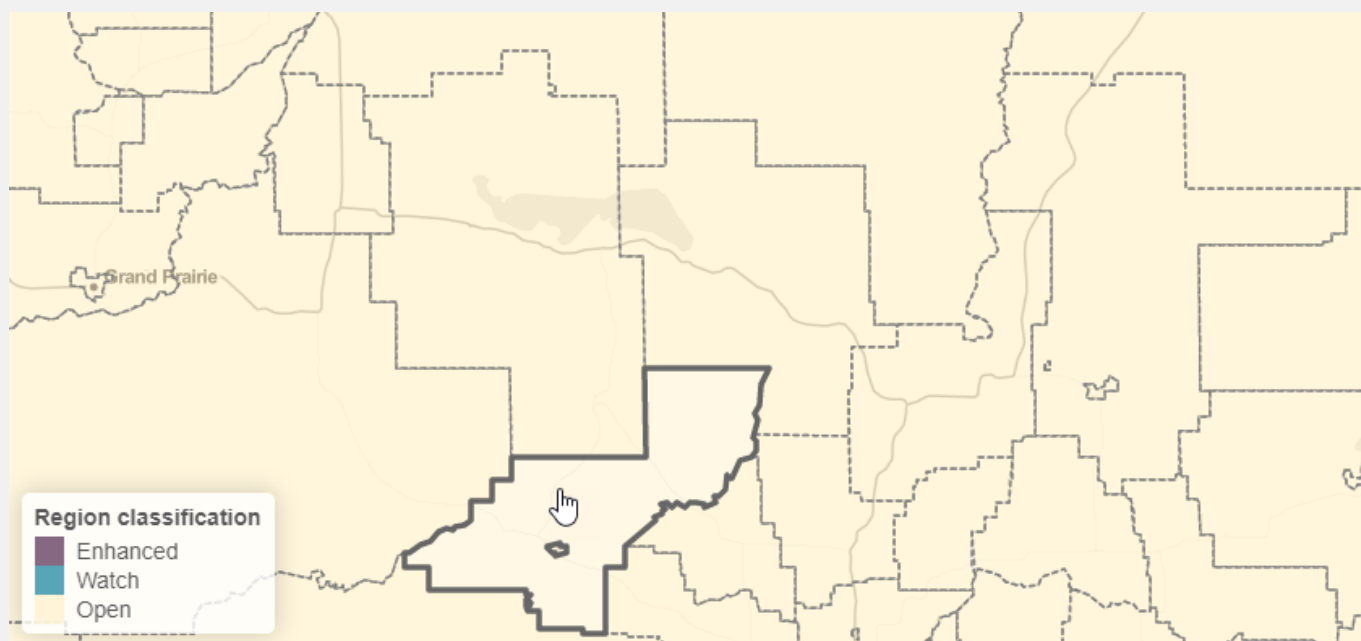
[Go to the interactive data app →](#)

## COVID-19 relaunch status map and notifications

As Alberta reopens, some regions may need to put additional measures in place to address local outbreaks. Learn more about the regional relaunch status in your area and sign up to be notified if there is a change in your area.

[View the map ↗](#)

[Get notifications →](#)



Prevent the spread

## Help prevent the spread

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

- practice [physical distancing](#) and wear a mask in public
- 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](#) [\[↗\]](#) to access testing

Learn more ways to prevent the spread →

*Last updated: May 26*

## Wear a mask

Albertans are encouraged to wear non-medical masks in public when it's difficult to maintain physical distancing of 2 metres at all times.

Free masks are now available at all A&W, McDonald's Canada and Tim Hortons drive-thru locations in Alberta.

Wearing a homemade or non-medical mask is another tool to help prevent the spread of COVID-19. It hasn't been proven that masks protect the person wearing it, but it can help protect people from being exposed to your germs

Learn how to get and wear masks properly →

*Last updated: June 9*

## 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 to or entered Alberta from outside Canada 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: July 7 at 1:15 pm*

## Gathering restrictions

Events and gatherings can be larger in Stage 2

- 50 people maximum: indoor social gatherings, including wedding and funeral receptions
- 200 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances
- 100 people maximum for other outdoor events and indoor seated/audience events, including wedding ceremonies, funeral services, movie theatres, indoor arts and culture performances and other indoor spectator events where people remain seated
- No cap on the number of people (with public health measures in place):
  - worship gatherings
  - restaurant, cafes, lounges and bars
  - casinos and bingo halls
- More flexibility for 'cohort' groups – small groups of people whose members do not always keep 2 metres apart:
  - households can increase its close interactions with other households, up to 15 people
  - performers can have a cohort of up to 50 people (cast members or performers)
  - sports teams can play in region-only cohorts of up to 50 players (mini leagues)
  - people could be part of a household and a sports/performing cohort

View all gathering restrictions →

*Last updated: June 30*

## Travel restrictions

### International travel

- 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.
- Returning travellers must:
  - follow mandatory 14-day isolation requirements for travellers returning to or entering Alberta from outside Canada

- check recent domestic and international flights for confirmed cases
- monitor for symptoms

## Travel outside Alberta

- Travel outside the province is not recommended. This recommendation will not be lifted until Stage 3 of Alberta's relaunch strategy.

## Travel within Alberta

- Responsible travel to within Alberta is permitted, including to second homes, vacation homes, cabins, cottages, hotels and commercial accommodations, and campgrounds, national and provincial parks
- Check Parks Canada and Alberta Parks for details on restrictions and limited amenities
- Physical distancing and gathering restrictions still apply

[View all travel restrictions](#)  
↗

*Last updated: July 7 at 1:15 pm*

### Restricted and non-restricted services

Starting June 12, more businesses can resume operations as part of Stage 2 of Alberta's relaunch strategy.

- [Alberta's relaunch strategy](#)
- [Relaunch guidance documents](#)
- [Alberta Biz Connect](#)
- [Restricted and non-restricted services](#)

# Symptoms and testing

## 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.

[Get tested and linked to your home](#)

Get tested and isolate 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 a critical element of [Alberta's relaunch strategy](#).

Testing is now available to all Albertans, whether they have COVID-19 symptoms or not.

The following groups will continue to be prioritized for testing:

- any person exhibiting [any symptom of COVID-19](#)
- all close contacts of confirmed COVID-19 cases
- all workers and/or residents at specific outbreak sites
- all workers and residents at long-term care and level 4 supportive living facilities (testing will be rolled out starting the week of May 25 and may not be offered at some locations right away)
- all patients admitted to continuing care or transferred between continuing care and hospital settings

Find out how to get tested →

*Last updated: May 31 at 9:30 am*

## 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 widely spread by being 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 →

## 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 →](#)

## 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.

## 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](#).





*Last updated: April 3 at 3:30 pm*

## 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)

- Chat live online with the [Family Violence Info Line](#) for support in English (9 am – 5 pm)

## Sexual violence

- Alberta's One Line for Sexual Violence can provide assistance in finding sexual assault support services (9 am – 9 pm daily):
  - Call [1-866-403-8000](tel:1-866-403-8000) | 215+ languages
  - Text [1-866-403-8000](tel:1-866-403-8000) | English
  - [Chat online](#) | English

## Other resources

- [Family violence during COVID-19 information sheet](#) (multiple languages)
- [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 →

## 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 →](#)

## Renters and landlords

Requirements around rent increases, late fees, payment plans, and landlord entry are in place for residential and mobile homes site tenants and landlords due to COVID-19.

[Learn about renter and landlord protections →](#)

*Last updated: June 30*

# Financial supports for Albertans

## Banks and credit unions

### Alberta credit unions

- Credit union members will have access to a variety of programs and solutions designed to ease difficulties with loan payments and short-term cash flow. Contact your credit union to work out a plan for your personal situation.

### ATB Financial customers

- Personal banking customers can apply for a deferral on their ATB loans, lines of credit and mortgages for up to 6 months.

## Education property tax freeze

Residential education property tax rates will be frozen at last year's level – reversing the 3.4% population and inflation increase added in Budget 2020. This will save households \$55 million.

[Learn more →](#)

## Student loan repayment deferrals

We are implementing a 6 month, interest free moratorium on Alberta student loan payments for all

Albertans in the process of repaying these loans.

- Alberta Student Loan repayments will be paused for 6 months, beginning March 30, 2020.
- Interest will not accrue during this period. This mirrors the approach of the [Canada Student Loans Program](#). [↗](#)
- Students do not need to apply for the repayment pause.
- Borrowers may continue making payments during this period if they choose and this will not affect their eligibility to receive the benefit.

### Utility payment deferral

Residential customers can defer electricity and natural gas bill payments until June 18, 2020 to ensure no one will be cut off, regardless of the service provider.

- This program is available to Albertans who are experiencing financial hardship as a direct result of COVID-19, such as those who have lost their employment or had to leave work to take care of an ill family member.
- Call your utility provider directly to arrange for a deferral on all payments until June 18, 2020.

[Learn about the utility payment deferral →](#)

### Federal government programs

Albertans may be eligible for financial supports through the federal government:

- [Employment Insurance sickness benefits](#): [↗](#) Provides up to 15 weeks of income replacement if unable to work due to illness, injury or quarantine.
- [Canada Emergency Response Benefit \(CERB\)](#): [↗](#) Provides up to \$2,000 a month for 4 months.
  - AISH and Income Support recipients can exempt a portion [without affecting their benefits](#)
- [Canada Child Benefit](#): [↗](#) Eligible parents will receive \$300 more per child with their May payment.
- [GST Rebate increase](#): [↗](#) Provides a one-time special payment in May of up to \$400 for single people and \$600 for couples.
- [Eased rules for Registered Retirement Income Funds](#) [↗](#)

[See all federal support programs ↗](#)

## Info for vulnerable Albertans and other organizations

### Caregivers support

Nearly one million Albertans act as caregivers for loved ones experiencing challenges related to illness

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](https://caregiversalberta.ca) [\[↗\]](#).

## 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*

## Disability service providers

Disability service providers play an essential role in supporting people with disabilities during the COVID-19 pandemic.

For more information see [COVID-19 information for disability service providers](#)

## 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](#) [↓](#).

## Faith-based organizations



Worship leaders are encouraged to continue holding worship services and funerals remotely, but can offer multiple services to reduce attendance to 50 people or one-third of normal attendance, whichever is smaller and whichever ensures physical distancing will be maintained.

For more information, see [guidance for places of worship](#) [\[↗\]](#) (available in multiple languages)

*Last updated: May 13 at 5 pm*

## Homeless shelters and service providers

Shelters and temporary or transitional housing facilities provide an essential service in Alberta during this time.

- 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.
- All non-essential gatherings inside these facilities must include no more than 15 people.
- For more information, read:
  - [Exemptions related to public health orders](#) 
  - [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.

*Last updated: May 26*

## Seniors and congregate care residents

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*

## 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)

## Schools and daycares

### Child care and preschools

- Daycares and out-of-school cares have begun reopening with limits on occupancy.
- Preschools are able to reopen as of May 28.
- 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.
- Operations must resume with increased infection prevention and control measures to minimize the risk of increased transmission of infections.

[Guidance for child care and preschools during COVID-19](#) →

*Last updated: May 28 at 6:45 pm*

### K-12 Schools

- Students will likely return to daily in-school classes in September under scenario 1- near normal operations with health measures
- [Public health guidelines for scenario 1](#) [↗](#) details the recommended measures to reduce the risk of infection at schools
- The measures include enhanced cleaning, increased hand hygiene, and routine screening for staff and students
- Return to in-class learning may vary across the province and depends on the number of COVID-19 cases in a local area
- The government will share the final decision by August 1st on which scenario will be in place in the fall.

[K to 12 school re-entry](#) →

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## 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: June 18 at 12 pm*

### Post-secondary institutions

In-person classes may resume, with restrictions, effective May 14, 2020. In the cities of Calgary and Brooks, in-person classes may not resume until June 1, 2020. Post-secondary institutions are encouraged to continue to hold classes remotely and limit in-person attendance on campus as much as possible.

Most schools are making decisions about course delivery for this fall. Contact your post-secondary institution, or visit their website, for more detailed information.

Learn about post-secondary learning during COVID-19 →

#### Resources:

- [Chief Medical Officer of Health orders, amendments and exemptions](#)

*Last updated: May 27 at 10 am*

## 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.



## 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)

[View all public health orders →](#)

*Updated: April 15 at 11 am*

## 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.

The following registry services are available through alternative delivery methods:

- 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
  - 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: July 3 at 3 pm*

## Driver road tests

All Albertans who want to take a driver's road test can now book online as the province continues to open

up the economy and access to personal protective equipment (PPE) increases.

See [Driver's road test](#) for more information.

*Updated: July 6 at 12 am*

## 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

- [July 2, 2020](#)
- [June 30, 2020](#)
- [June 25, 2020](#)
- [June 23, 2020](#)
- [June 19, 2020](#)
- [June 17, 2020](#)
- [June 15, 2020](#)
- [June 12, 2020](#)
- [June 10, 2020](#)
- [June 8, 2020](#)
- [June 5, 2020](#)

## Protecting families and the economy



## [Alberta's Recovery Plan](#)

An ambitious strategy to create jobs, build and diversify.



## [Alberta's Relaunch Strategy](#)

A safely staged COVID-19 recovery plan to relaunch our economy. Stage 2 started June 12.





## [Alberta Biz Connect](#)

Workplace guidance and supports to help businesses and non-profits affected by COVID-19 begin to reopen and resume operations safely.



## [ABTraceTogether](#)

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

## Resources

COVID-19 INFORMATION

# HELP RELAUNCH, SAFELY

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)



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.

Help support a healthy relaunch by following public health measures, practicing physical distancing and good hygiene, and continuing to act responsibly.

STAY INFORMED

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



COVID-19 INFORMATION

# OPEN FOR BUSINESS AND KEEPING ALBERTANS SAFE

The safety of customers and staff of Alberta business is a priority. That's why this business is committed to:

- Cleaning regularly, especially in high traffic areas
- Wiping down and disinfecting surfaces
- Providing access to hand sanitizer
- Encouraging staff to stay home and away from others if sick
- Helping Albertans maintain physical distancing of 2 metres
- Having staff wear a face mask, where possible

STAY INFORMED

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



### [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 100: COVID-19 pandemic in Alberta](#) (July 2)
- [Update 99: COVID-19 pandemic in Alberta](#) (June 30)
- [Update 98: COVID-19 pandemic in Alberta](#) (June 25)
- [Update 97: COVID-19 pandemic in Alberta](#) (June 23)
- [Update 96: COVID-19 pandemic in Alberta](#) (June 19)
- [Update 95: COVID-19 pandemic in Alberta](#) (June 18)
- [Update 94: COVID-19 pandemic in Alberta](#) (June 17)
- [Update 93: COVID-19 pandemic in Alberta](#) (June 16)
- [Update 92: COVID-19 pandemic in Alberta](#) (June 15)
- [Update 91: COVID-19 pandemic in Alberta](#) (June 13)
- [Update 90: COVID-19 pandemic in Alberta](#) (June 12)
- [Update 89: COVID-19 pandemic in Alberta](#) (June 11)
- [Update 88: COVID-19 pandemic in Alberta](#) (June 10)

### News releases

- [Albertans donate generously to COVID-19 campaigns](#) (July 2)
- [Alberta's Recovery Plan: Investing in the agri-food sector](#) (June 30)
- [Alberta's Recovery Plan: Creating jobs, building, diversifying](#) (June 29)
- [Relaunch grant to help businesses recover | Subventions de relance pour aider les entreprises à se redresser](#) (June 28)
- [Protecting at-risk Albertans from COVID-19](#) (June 27)
- [Expanding access to COVID-19 testing | Accès accru aux tests de dépistage de la COVID-19](#) (June 25)
- [Alberta to invest in targeted serology testing | L'Alberta investit dans des tests sérologiques ciblés](#) (June 23)



- [Environmental reporting reinstated](#) (June 23)
- [Alberta's free mask distribution a huge success | La distribution gratuite de masques remporte un vif succès en Alberta](#) (June 22)
- [Infrastructure grants support economic recovery](#) (June 19)

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