

 [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](#)

[Assess your severe illness risk](#)

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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](#)

### [School re-entry toolkit](#)

Guidelines and resources for K-12 parents, students and staff starting the new school year.

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

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

### [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 you returned to or entered Alberta from outside Canada. [Learn more.](#)

## Cases in Alberta

|                     | In Alberta  | In Canada |
|---------------------|---|-----------|
| Total cases         | 15,093<br>(154 on Sept. 4<br>171 on Sept. 5<br>137 on Sept. 6<br>157 on Sept. 7)                | 132,761   |
| Active cases*       | 1,692   | -         |
| Recovered cases     | 13,154  | -         |
| In hospital         | 45  | -         |
| In intensive care** | 10  | -         |
| Deaths              | 247   | 9,151     |
| Completed tests     | 1,052,446<br>(11,386 on Sept. 4<br>11,368 on Sept. 5<br>12,091 on Sept. 6<br>12,561 on Sept. 7) | -         |
| People tested       | 825,046   | -         |

Updated September 8. Numbers are up to date as of end of day September 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, use hand sanitizer, 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: Aug 12*

### 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.

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 the people around you.

Learn how to wear masks properly →

## 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

'Cohort' groups have more flexibility – these are small groups of people whose members do not always keep 2 metres apart:

- core household cohorts can increase their 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)
- child care programs can form a cohort of up to 30 people (children and staff)

You should only belong to one core household cohort. It is safest to limit the number of other cohorts you belong to to reduce the risk of getting sick or spreading COVID-19.

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[View all gathering restrictions →](#)

*Last updated: Aug 12*

## 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

- Non-essential 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 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: Aug 12*

## Restricted and non-restricted services

As of 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](#)

## Why get an influenza immunization

An influenza immunization (flu shot) won't prevent COVID-19 but it will reduce your chances of getting sick with influenza (flu) or spreading it to others.

All Albertans 6 months and older are encouraged to get an influenza immunization. It's especially important for seniors and people with chronic health conditions as they have a higher risk of severe complications.

By keeping influenza counts low, we can:

- make sure our health care system has capacity to respond to the COVID-19 pandemic
- let health care workers focus on treating people with other illnesses and injuries
- reduce outbreaks in care facilities

The vaccine is available free of charge and should be available to all Albertans by mid-October.

## Where to get an influenza immunization

- AHS public health clinics/sites, and some doctors' offices if 6 months old and older.
- Pharmacies if 5 years old or older.
- Provincially funded long-term care facilities will offer a high-dose influenza vaccine to residents 65 years old and older.
- [Learn how to book an influenza immunization appointment online](#) <sup>[↗]</sup> for your family if you have a child under 5 years old.

## How to get immunized safely

- Stay home if you have [symptoms of COVID-19](#), isolate and complete the [AHS online assessment](#) <sup>[↗]</sup>.
- Follow safety protocols: wear a mask, wash your hands, stay 2 metres apart when possible.
- Make an appointment at your pharmacy, physician clinic or public health site and arrive as close to the appointment time as you can.
- Fill out forms online when possible.

Staff and volunteers at clinics and venues offering influenza immunization must follow their employer's policies for COVID-19 screening.

- [Guidance for Influenza Immunizations During COVID-19](#) <sup>[↗]</sup>

# Symptoms and testing

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 isolate if you have symptoms →

Assess your risk of experiencing severe health outcomes if you get COVID-19 →

*Last updated: July 27 at 4:00 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 (both



- 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 →](#)

*Last updated: July 8 at 10:30 am*

## Health risks

COVID-19 can cause serious respiratory illness. Because it is a new virus with no treatment or immunity in people, it is important for people with any symptoms to stay home and 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:

- cardio-vascular disease (congestive heart failure, ischemic heart disease, atrial fibrillation)
- chronic liver disease
- chronic obstructive pulmonary disease (COPD)
- dementia
- diabetes (type 1 and type 2)
- immuno-deficiency disease
- malignant cancer (excluding non-melanoma skin cancer)
- renal disease (chronic renal failure and end stage renal disease)

[Assess your risk of severe illness →](#)

## 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.

#### Differences

- COVID-19 does not have a specific vaccine or treatment available.
- COVID-19 does not appear to transmit as efficiently as influenza:
  - mainly people with symptoms seem to be spreading the disease, but asymptomatic transmission is possible and 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: July 15*

## 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](#) <sup>↗</sup> (AHS)
- [Mental health and coping with COVID-19](#) <sup>↗</sup> (CDC)
- [Talking with children about COVID-19](#) <sup>↗</sup> (CDC)
- [COVID-19 information for young kids and students](#) <sup>↓</sup> (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](#) <sup>↗</sup> for support in English (8 am – 8 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](#) <sup>↗</sup> | English

### Other resources

- [Family violence during COVID-19 information sheet](#) <sup>↗</sup> (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.

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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 implemented 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 could defer electricity and natural gas bill payments until June 18, 2020. This program has concluded.

[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 isolation.

work due to illness, injury or isolation.

- [Canada Emergency Response Benefit \(CERB\)](#): [↗](#) Provides up to \$2,000 a month.
  - AISH and Income Support recipients can exempt a portion [without affecting their benefits](#)
- [Canada Child Benefit](#): [↗](#) Eligible parents received \$300 more per child with their May payment.
- [GST Rebate increase](#): [↗](#) Provided 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, 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 provided 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: Aug 12*

### 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

Currently, evidence does not suggest:

- being pregnant increases your risk of getting COVID-19 or having serious complications
- COVID-19 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 may continue to hold worship services remotely, but can now offer in-person services with no cap on attendance, as long as physical distancing of 2 metres is maintained between families and household cohorts.

Congregational singing is a high-risk activity and is discouraged.

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

*Last updated: Aug 12*

## 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 50 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 50 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: Aug 12*

## 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.

- 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

- Licensed daycare, out-of-school and preschool programs are now able to open as part of Alberta's Relaunch Strategy.
- Operations must resume with increased infection prevention and control measures to minimize the risk of increased transmission of infections.
- Providers must follow guidance for safely reopening.

Guidance for child care and preschools during COVID-19 →

*Last updated: Aug 12*



## K-12 Schools

- Students will return to daily in-school classes in September under scenario 1- near normal operations with health measures
- Mask use for grade 4 to 12 students, and all school staff, will be mandatory where physical distancing cannot be maintained, including on school buses.
- [Public health guidelines for scenario 1](#) , a parents' guide and a re-entry plan provide details on measures to reduce the risk of infection at schools
- The measures include enhanced cleaning, increased hand hygiene, staying home when sick, and physical distancing when possible
- Parents and students can prepare for what to expect in the upcoming school year by checking out the return to school tool kit

K to 12 school re-entry →

*Last updated: Aug 4 at 9:30 am*

## Post-secondary institutions

In-person classes may resume with restrictions.

Contact your post-secondary institution, or visit their website, for more information on course delivery for this fall.

Learn about post-secondary learning during COVID-19 →

Resources:

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

*Last updated: Sep 2*

## Government response

## Support the Alberta Bits and Pieces Program

[Submit your offers of products or services](#) <sup>[↗]</sup> 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 directly.

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.

## 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 →](#)

## Chief medical officer updates

Article: [How to vacation during COVID](#) (August 12, 2020)

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

### Transcripts

- [September 4, 2020](#)
- [September 3, 2020](#)
- [August 31, 2020](#)
- [August 27, 2020](#)
- [August 24, 2020](#)
- [August 20, 2020](#)
- [August 18, 2020](#)
- [August 12, 2020](#)

## Protecting families and the economy



### [K to 12 school re-entry](#)

Guidance and plans for students to start the 2020-21 school year.



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

An ambitious strategy to create jobs, build and diversify.



## [Alberta Biz Connect](#)

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



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

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

## 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 117: COVID-19 pandemic in Alberta](#) (September 4)
- [Update 116: COVID-19 pandemic in Alberta](#) (September 3)
- [Update 115: COVID-19 pandemic in Alberta](#) (August 31)
- [Update 114: COVID-19 pandemic in Alberta](#) (August 27)
- [Update 113: COVID-19 pandemic in Alberta](#) (August 24)
- [Update 112: COVID-19 pandemic in Alberta](#) (August 20)
- [Update 111: COVID-19 pandemic in Alberta](#) (August 18)
- [Update 110: COVID-19 pandemic in Alberta](#) (August 12)
- [Update 109: COVID-19 pandemic in Alberta](#) (August 10)
- [Update 108: COVID-19 pandemic in Alberta](#) (August 6)
- [Update 107: COVID-19 pandemic in Alberta](#) (August 4)
- [Update 106: COVID-19 pandemic in Alberta](#) (July 30)
- [Update 105: COVID-19 pandemic in Alberta](#) (July 27)

### News releases

- [UPDATE: Federal education funding for COVID-19](#) (September 2)
- [Update on PPE for schools: Minister Allard and Minister LaGrange](#) (August 28)
- [Expanding COVID-19 testing for asymptomatic Albertans | Un plus grand nombre de tests de dépistage de la COVID-19 pour les Albertains et Albertaines asymptomatiques](#) (August 18)
- [Masks for schools procurement: Minister LaGrange](#) (August 8)
- [COVID-19 funding for First Nations colleges](#) (August 7)
- [Alberta to provide additional COVID-19 homelessness supports](#) (August 5)
- [School health measures now include mandatory masks](#) (August 4)



- [40 million masks provided to Albertans](#) (August 3)
- [Expanding COVID-19 testing at pharmacies | Élargissement des tests de dépistage pour la COVID-19 aux pharmacies](#) (July 30)

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