

# Notifications

[COVID-19: Cases are rising in the City of Calgary and the Edmonton Zone. New public health measures are in place to help stop the spread. Learn more.](#)

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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

Cases are rising in Calgary and the Edmonton Zone. New mandatory and voluntary measures are in place to stop the spread.

- [Calgary health measures](#)
- [Edmonton zone health measures](#)

All Albertans should continue acting responsibly: keep gatherings small, monitor your symptoms, stay home if sick and get tested.

- [Complete information for Albertans](#)
- [Chief Medical Officer updates](#)

## Cases in Alberta

- **30,447** Total cases

- **515** Cases on Nov. 3
- **23,874** Recovered cases
- **343** Deaths
  
- **6,230** Active cases\*
- **164** In hospital
- **30** In intensive care\*\*
  
- **1,842,754** Total tests completed
- **7,461** Tests completed on Nov. 3
- **1,295,058** People tested

[View all case and outbreak data](#)

*Updated November 4. Numbers are current as of end-of-day November 3. Next update will be on November 5.  
\*Active cases include both community cases and hospitalizations. \*\*ICU cases are a subset of those in hospital.*

## Information for Albertans

### [Help stop the spread](#)

Keep your cohort social circles tight and gatherings small to protect yourself and each other.

### [Get tested](#)

COVID-19 testing is available to all Albertans with symptoms, close contacts and anyone linked to an outbreak.

### [Get results online](#)

Access COVID-19 test results for you and your child through MyHealth Records - a secure online service that helps keep track of your health info.

### [Isolate or quarantine](#)

You must isolate for 10 days if you have a core symptom, or quarantine for 14 days if you're a close contact of a confirmed case or travelled outside Canada.

# 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](#)

*Last updated: Aug 12*

## Isolate or quarantine if required

Isolation can help prevent the spread of COVID-19. Under public health order, you are legally required to:

- **isolate for 10 days** if you have any [core symptom](#) that is not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose\* or sore throat\*
- **quarantine 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

*\*Children under 18 are exempt from mandatory isolation for runny nose or sore throat but should stay home until well.*

[Learn how to isolate and quarantine](#)

*Last updated: October 29*

# Limit gathering sizes and cohorts

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.

[View all gathering restrictions](#)

*Last updated: Aug 12*

## Travel restrictions

### International travel

- An official global travel advisory is in effect. Avoid all non-essential travel outside Canada and all cruise ship travel.
- Returning travellers must:
  - follow mandatory 14-day isolation requirements
  - check recent domestic and international flights for confirmed cases
  - monitor for symptoms

### Travel between provinces

- Travellers may be subject to additional restrictions and health measures at their final destination. Please check with local authorities before leaving.

## Travel within Alberta

- Responsible travel within Alberta is permitted.
- Physical distancing and gathering restrictions still apply

[View all travel restrictions](#)

## 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](#)

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

## Get immunized to prevent influenza

All Albertans over 6 months old should get an influenza immunization (flu shot) this year. It won't prevent COVID-19, but it will reduce your chances of getting sick with the flu or spreading it to others.

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 to all Albertans starting October 19.

[How to get a flu shot](#)

# Symptoms and testing

## Monitor your symptoms

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

- **Core symptoms:** cough, fever (over 38°C), shortness of breath, runny nose or sore throat.
- **Other symptoms:** 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](#)

*Last updated: October 1*

## Get tested if sick or at risk

Priority testing is available to:

- 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

[Find out how to get tested](#)

*Last updated: October 20*

## Assess your risk of severe illness

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.

[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](#) (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

- 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

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. Act with consideration and caution.

### File a consumer complaint

If you see prices for products or services 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](#)

## 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](#)

## 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.
- [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 organizations and vulnerable Albertans

### 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](http://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.

## 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

### 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*

## 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 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.

## Chief medical officer updates

Articles

- [Changes to the daily symptoms checklist for children under 18](#) (Oct. 30, 2020)
- [Herd immunity and the Great Barrington Declaration](#) (Oct. 28, 2020)

Regular updates from Dr. Deena Hinshaw, [Alberta's chief medical officer of health](#).

## Transcripts

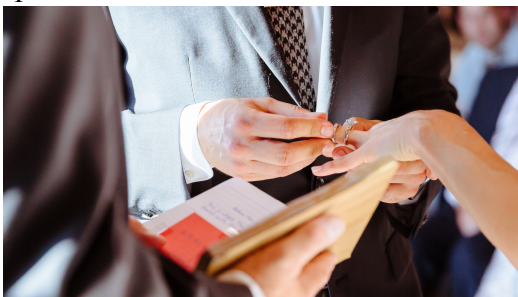
- [November 3, 2020](#)
- [October 29, 2020](#)
- [October 26, 2020](#)
- [October 22, 2020](#)
- [October 20, 2020](#)
- [October 16, 2020](#)
- [October 13, 2020](#)
- [October 8, 2020](#)
- [October 5, 2020](#)

# Protecting families and the economy



## COVID-19: Edmonton Zone public health measures

Edmonton and surrounding communities should follow new mandatory and voluntary public health measures to stop the spread.



## COVID-19: Calgary Zone public health measures

New mandatory and voluntary public health measures are in place to contain the spread of COVID-19 in Calgary.



## K to 12 school re-entry

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



## [Alberta Biz Connect](#)

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

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)

## Resources

[COVID-19 posters and fact sheets](#)

[Alberta Health Services \(AHS\) COVID-19 updates](#)

[World Health Organization COVID-19 updates](#)

Government of Canada COVID-19 updates:

[English](#) | [French](#) | [Simplified Chinese](#)

## News

### Situation updates

- [Update 136: COVID-19 pandemic in Alberta](#) (November 3)



- [Update 135: COVID-19 pandemic in Alberta](#) (October 29)
- [Update 134: COVID-19 pandemic in Alberta](#) (October 26)
- [Update 133: COVID-19 pandemic in Alberta](#) (October 22)
- [Update 132: COVID-19 pandemic in Alberta](#) (October 20)
- [Update 131: COVID-19 pandemic in Alberta](#) (October 16)
- [Update 130: COVID-19 pandemic in Alberta](#) (October 13)
- [Update 129: COVID-19 pandemic in Alberta](#) (October 8)
- [Update 128: COVID-19 pandemic in Alberta](#) (October 5)

## News releases

- [New COVID-19 pilot planned for international travellers](#) (October 22)
- [Flu shots now available across Alberta](#) (October 19)
- [Made-in-Calgary masks to help protect Albertans](#) (October 7)
- [Putting Alberta on the front lines fighting COVID-19](#) (September 28)
- [Opioid surveillance report: Associate Minister Luan](#) (September 23)
- [COVID-19 scheduled surgery backlog cut by 88 per cent](#) (September 11)
- [UPDATE: Federal education funding for COVID-19](#) (September 2)
- [Update on PPE for schools: Minister Allard and Minister LaGrange](#) (August 28)