



[← Alberta's COVID-19 response](#)

# COVID-19 info for Albertans

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

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## Current situation

Alberta declared a state of public health emergency. [Mandatory measures to bend the curve](#) take effect starting Nov. 24.

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

## Cases in Alberta

- 58,177 Total cases
- 1,733 Cases on Nov. 29
- 41,182 Recovered cases
- 541 Deaths
- 16,454 Active cases\*
- 453 In hospital
- 96 In intensive care\*\*
- 2,255,072 Total tests completed  
(20,499 on Nov. 29)
- 1,473,584 People tested

[View all case and outbreak data →](#)

*Updated Nov. 30. Numbers are current as of end-of-day Nov. 29.*

*\*Active cases include both community cases and hospitalizations. \*\*ICU cases are a subset of those in hospital.*

## COVID-19 status map

Mandatory measures are in place for communities on the enhanced status list (purple zones). Find out the status in your area and sign up to be notified if there is a change.

[View the map](#)

[Sign up for notifications →](#)



## Information for Albertans

### [Bend the curve](#)

New mandatory public health measures take effect starting Nov. 24 to address rising cases.

### [Use ABTraceTogether](#)

Download and use the ABTraceTogether mobile app when out in public to help prevent the spread of COVID-19.

### [Get tested](#)

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

### [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

Cohort and gathering limits remain in place to limit the spread of COVID-19.

Indoor and outdoor activities can be enjoyed as long as you follow all public health orders:

- limit gathering sizes and number of cohorts you belong to
- keep 2 metres apart from people outside your cohort
- avoid high-risk or prohibited activities
- stay home and get tested if you are sick

[View all gathering and cohort restrictions →](#)

*Last updated: Nov. 6*

## 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](#) <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.

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

## 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](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](#)

## 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

New restrictions are in effect for places of worship in communities on the enhanced list. [Learn more.](#)

*Last updated: Nov. 24*

## 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

- Licensed day-care, out-of-school and preschool programs are now able to open.

- 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

Mandatory restriction – Provincewide – Starting Nov. 30

Grades 7-12 students

- Move to at-home learning Nov. 30 to Jan. 8, except during winter break\*
- Resume in-person classes Jan. 11
- Diploma exams are optional for rest of the school year. Students and their families can choose whether to write an exam or receive an exemption for the January, April, June and August 2021 exams.

Grades K-6 students

- This includes [Early Childhood Services](#)
- Continue in-person learning until their scheduled winter break (generally Dec. 18\*)
- Move to at-home learning after the winter break until Jan. 8
- Resume in-person classes Jan. 11

\*Schools have different winter break schedules, check with your school for details.

Exemption is available for students with disabilities or in outreach programs, learn more at [K-12 learning during COVID-19](#).

*Last updated: Nov 27 at 7:15 pm*

## 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 30, 2020](#)
- [November 27, 2020](#)
- [November 26, 2020](#)
- [November 25, 2020](#)
- [November 24, 2020](#)
- [November 23, 2020](#)
- [November 20, 2020](#)
- [November 18, 2020](#)
- [November 16, 2020](#)

# Protecting families and the economy



## [Enhanced public health measures](#)

Mandatory restrictions are in effect to protect the health system and slow the spread of COVID-19.



### [International Border Testing Pilot Program](#)

Eligible international travellers returning to Alberta may be able to participate in a pilot program that is safely exploring reduced quarantine periods.



## [Alberta Biz Connect](#)

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



## [K to 12 learning during COVID-19](#)

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

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 148: COVID-19 pandemic in Alberta](#) (November 30)
- [Update 147: COVID-19 pandemic in Alberta](#) (November 27)
- [Update 146: COVID-19 pandemic in Alberta](#) (November 26)
- [Update 145: COVID-19 pandemic in Alberta](#) (November 25)
- [Update 144: COVID-19 pandemic in Alberta](#) (November 24)
- [Update 143: COVID-19 pandemic in Alberta](#) (November 23)
- [Update 142: COVID-19 pandemic in Alberta](#) (November 20)
- [Update 141: COVID-19 pandemic in Alberta](#) (November 18)

## News releases

- [Alberta to launch rapid testing for COVID-19](#) (November 26)
- [Strong restrictions to slow the spread of COVID-19](#) (November 24)
- [Supports for Alberta's small businesses](#) (November 23)
- [New measures to curb the rapid growth of COVID-19](#) (November 12)
- [Supporting safe community gatherings](#) (November 9)
- [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)

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