

# Alert

## Wâyino Opapâmâcihôs

(Returning travellers)

Kahkiyaw ayisiyinowak wâyino wayawîtimihk Kânata ayapiwak (14 days) kiyâm âta miyo âyâwin

(All Albertans returning from outside Canada should self-isolate for 14 days, even if well.)

Kîspin ostostotamowin, kisisowin, ahpô misamiyêhêw - peyakwanohk kâyâhk kikihk sewepitamaw 811

(If you develop symptoms – cough, fever or difficulty breathing – stay home and call Health Link 811 for instructions and testing. Do not go to the ER or doctor's office. Call 911 for a healthcare emergency.)

## Ka piskihtaskenek

(How to self-isolate / Follow these self-isolation guidelines:)

- Awîyak ka wemâskaht, kihtehayah, ekwa ayisiniwak wawiyak pascih (avoid close contact with others, especially seniors and people with chronic conditions or compromised immune systems)
- Ēkâya atoskewin, kiskinwahamâkosiwin, ekwa mâmawihitowin (do not go to work, school, social events or any other public gatherings)
- Metoni kanakateyehamihk kîspin kisisowin, ostostotamowin ahpô misamiyêhêw (watch for symptoms like fever, cough or difficulty breathing)
- Kîspin kisisowin, ostostotamowin ahpô misamiyêhêw Sewepitamaw 811 (call Health Link 811 for testing if any symptoms begin)

## Kapapâmohtehk

(Departing travellers)

Ōma itaspionewin COVID-19 misiwe askîy, namoya oyakihcikewin ka koteyihtamihk kapê Kapapâmohtehk

(Given the rapid global spread of COVID-19, it is no longer possible to assess health risks for the duration of international trips.)

Nâkateyihcikewin: Namoya wayawîtimihk Kânata ka papâmohtehk

(Travel outside Canada is not recommended at this time.)

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

Alberta Health

Alberta Health Services