What is novel coronavirus (COVID-19)?

1. Novel coronavirus (COVID-19) is a new disease that has not previously been seen in humans.
2. It is caused by a virus called SARS-CoV-2, which was first identified in late 2019.
3. The virus is transmitted from person to person through respiratory droplets when an infected person coughs or sneezes.
4. The symptoms of COVID-19 include fever, cough, difficulty breathing, and fatigue.
5. The virus can cause serious illness, especially in people who are elderly or have underlying health conditions.
6. The disease is not fatal for everyone, but it can be deadly for some people, especially those with underlying health conditions.
7. The virus is currently spreading in many countries around the world, and there is no cure or vaccine available yet.

What are the symptoms of COVID-19?

1. The most common symptoms of COVID-19 are fever, cough, and difficulty breathing.
2. Other symptoms may include fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, and diarrhea.
3. The symptoms may appear 2 to 14 days after exposure to the virus.
4. People who are infected with COVID-19 may not have any symptoms at all.

How is COVID-19 spread from person-to-person?

1. COVID-19 is spread through close contact with an infected person, especially when they cough, sneeze, or speak.
2. The virus can spread through respiratory droplets that are produced when an infected person coughs or sneezes.
3. The virus can also spread through direct contact with an infected person's secretions, such as saliva or mucus.
4. People who have COVID-19 can spread the virus to others before they start experiencing symptoms.

What's happening in Alberta?

1. The Government of Alberta is working to keep Albertans safe during the COVID-19 pandemic.
2. They are currently monitoring the situation closely and taking steps to prevent the spread of the virus.
3. The government has implemented measures such as isolating people who have COVID-19, providing testing, and implementing public health measures.
4. They are also working to develop vaccines and treatments for the virus.

What can I do to protect myself?

1. Wash your hands frequently with soap and water for at least 20 seconds.
2. Avoid close contact with people who are sick.
3. Wear a mask when in public or around others.
4. Stay home if you are feeling sick.
5. Practice social distancing by maintaining a distance of at least 2 meters from others.
6. Avoid large gatherings and events.

What are the steps to take if I suspect I have COVID-19?

1. Contact your healthcare provider if you have symptoms of COVID-19.
2. Follow any instructions from your healthcare provider.
3. Do not go to the emergency room unless you are having difficulty breathing or other severe symptoms.
4. Follow any guidance from your local public health department.
5. Keep your household members away from you if you suspect you have COVID-19.

What can I do to support my community during this time?

1. Stay home if you are feeling sick.
2. Limit your contact with others.
3. Practice good hygiene habits.
4. Stay informed about the situation and follow guidance from health authorities.
5. Support local businesses by shopping locally.
6. Help your neighbors who may be vulnerable or at high risk.
7. Be kind and support your community.

What is the latest news about COVID-19?

1. Stay informed by following reliable sources such as the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC).
2. Check the latest updates from the Government of Alberta at www.alberta.ca/covid19.
3. Stay connected with your local community and follow updates from your local public health department.
4. Support one another by being kind and understanding as we all navigate this challenging time.

What should I do if I think I may have been exposed to COVID-19?

1. Contact your healthcare provider if you have symptoms of COVID-19.
2. Follow any instructions from your healthcare provider.
3. Do not go to the emergency room unless you are having difficulty breathing or other severe symptoms.
4. Follow any guidance from your local public health department.
5. Keep your household members away from you if you suspect you have COVID-19.

What can I do to support my health and well-being during this time?

1. Practice good hygiene habits.
2. Stay active and engage in physical activity.
3. Practice mindfulness and relaxation techniques.
4. Stay connected with loved ones and support your community.
5. Follow a healthy diet and maintain a healthy lifestyle.
6. Consider seeking support from a healthcare professional if you are feeling overwhelmed or depressed.
• Should I wear gloves when outside of my house?

• Should I wear masks when outside of my house?

• Should I be tested for COVID-19?

• What should I do if I have symptoms and think I have COVID-19?

• How can I protect myself and my family from COVID-19?

• What do I do if I have symptoms and think I have COVID-19?

• (Should I be tested for COVID-19?)

• Should I wear masks when outside of my house or in public places?

• (How can I protect myself and my family from COVID-19?)

• I worry about catching COVID-19. Should I wear gloves when outside of my house or in public places?)
Did the criteria for COVID-19 testing change?

- Alberta has 23 testing labs for COVID-19. While more labs are being added to improve testing capacity, the current criteria for testing remain the same:
  - If you are currently under self-isolation due to COVID-19.
  - If you have recently traveled outside of Canada and have tested positive for COVID-19.
  - If you are a healthcare worker with symptoms.
  - If you are a healthcare worker who has been exposed to someone with COVID-19.
  - If you are a close contact of someone with COVID-19.
  - If you are a resident of a long-term care facility with symptoms.
  - If you are a healthcare worker who has been exposed to someone with COVID-19.

Alberta is now prioritizing testing for these high-risk groups to ensure that healthcare workers have access to testing when they need it. If you do not fit into one of these categories, you should continue to self-isolate at home until you are feeling better and your symptoms have subsided.

I am worried about catching COVID-19. Should I wear a mask if I have to leave my house or when in public?

- Wearing a mask in public is recommended to reduce the spread of COVID-19. Masks can help prevent the spread of the virus by covering your nose and mouth. They can also help you avoid touching your face and reduce the risk of spreading the virus to others. It is important to follow public health guidelines and wear a mask when you are in public spaces, especially when you cannot maintain physical distance from others. Face masks are now mandatory in all public buildings in Alberta.
Why did AHS change the testing criteria?

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Who is most at risk for becoming very sick with COVID-19?

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I feel sick and I can’t get through to Health Link, what do I do?

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What are your recommendations for people who are immune compromised, have asthma or at high risk of severe illness for other medical reasons?

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• How can I take care of someone with COVID-19 and we live in the same house. How can I take care of them and not get sick myself?

(When should I go to the hospital?)

• My loved one has or is being tested for COVID-19. What does self-isolation mean?

(My loved one has or is being tested for COVID-19 and we live in the same house. How can I take care of them and not get sick myself?)

• When should I go to the hospital?

• When should I go to the hospital?

(FAQs for Public)
Health Link?

Are there vaccines to prevent COVID-19?

COVID-19 not having symptoms, but I’m concerned about COVID-19 and want to talk to someone. Should I call Health Link?

alberta.ca/covid19

who.int

Canada.ca

Alberta Health Services
COVID-19 FAQs for Public | 7

(FLIGHTS WITH CONFORMED CASES)

COVID-19 has no travel restrictions.

WHAT SHOULD I DO IF I HAVE RECENTLY RETURNED FROM TRAVELLING OUTSIDE OF CANADA?

- Alberta Health Services (COVID-19) 14-811-0181
  - ahs.ca/covid

(WAS I ON A FLIGHT WHERE THERE WAS SOMEONE WHO LOOKED SICK? Am I at risk?)

- Alberta Health Services (COVID-19) 14-811-0181
  - ahs.ca/covid

19 FAQs for Public | 7

(A Flight with confirmed cases)

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19 FAQs for Public | 7

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EVENTS and OTHER RESTRICTIONS

What restrictions are in place, related to public spaces?

I live outside of Canada but have a trip planned to Alberta this week/month. Should I still come?

- Alberta Health Services
- Alberta Health Services
- Alberta Health Services

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What restrictions are in place for events?

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Is AHS prepared to meet the increased demands on health care in the event of a local outbreak of COVID-19?

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