

COVID-19 Information

We wanted to reach out to address the concerns surrounding the COVID-19 outbreak by provide you with guidance and information about COVID-19.

What is COVID-19?

COVID-19 is a coronavirus from a common family of viruses that usually cause respiratory illnesses in humans, and can be spread from person to person through direct contact.

Alberta Health Services has declared that the risk of exposure to COVID-19 is low.

What are the symptoms?

- Fever
- Cough (usually dry)
- Extreme fatigue

Prevention Guidelines

- Wash your hands often with soap and warm water for at least 20 seconds
- Avoid touching your face with unwashed hands
- Stay at home if you are feeling ill
- Avoid direct contact with people who are sick

Approximately 80% of people infected by COVID-19 recover without the need for hospitalization or special treatment.

For more information about COVID-19, we encourage you to visit the Alberta Health Services webpage:

<https://www.albertahealthservices.ca/topics/Page16997.aspx>

