

**COVID-19 INFORMATION**

# **HELP PREVENT THE SPREAD**

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**Prevention starts with awareness.  
Be informed on how you can  
protect yourself and others from  
novel coronavirus:**

- **Self-isolate if you're feeling sick**
- **Wash your hands frequently**
- **Cover coughs and sneezes**
- **Avoid touching your face**

**Concerns about your health?  
Call Health Link 811.**

**[alberta.ca/covid19](https://alberta.ca/covid19)**

*Alberta* 