

March 13, 2020 - SPECIAL EDITION

Amid the threat of COVID-19, lets Take Safety Home

Thinking ahead about the actions you can take to stay healthy and prevent the spread of an illness - and what you will need in case of one - will ensure you are prepared.

First and foremost, if you are not feeling well, **STAY HOME**. If you have a cough and/or fever, please call 811. **DO NOT LEAVE YOUR HOME**.

Practice frequent hand-washing, personal cleanliness, social distancing, good ventilation and ensuring cleanliness in your work space, car and at home. Practicing with your children will give them assurance.



Make a plan

Together with your family, make a list of the items you must have for a 30-day isolation period and secure them.

- Do your shopping before or after peak hours
- Refill all prescriptions
- Stock cold and flu medications
- Have necessary staples in place:
 - Water
 - Canned Goods
 - Flour, sugar, pasta, rice, cereals
 - Household cleaners
 - Toiletries and hygiene products
- Games and activities
- Emergency call list, written clearly and posted by the phone. This is especially important for children in the event a parent needs help
- Reach out to neighbours, particularly the elderly or those who live alone and may need assistance

Cleanliness

- Make antibacterial wipes available in all washrooms
- Have handwashing supplies at all sinks and communal areas - encourage a count to 20 soap routine - try singing Happy Birthday - and thorough rinse
- Daily wipe down of all door handles, drawer pulls, handrails, keyboards, gaming controllers and toys
- Add bleach to your dishwasher/dishwasher and use the sani cycle
- Cancel all social engagements
- Visit with friends and family electronically
- Turn on your furnace fan to improve ventilation

Stay informed

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Health Canada



Government of Alberta



Luma One Handwashing Video



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