

**From:** [Lindsey Schellenberg](#)  
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**Cc:** [Tracy Demeter](#); [Chantelle Levoir](#); [Jan Balion](#); [Marie Prouty](#)  
**Subject:** FW: For distribution/printing: COVID awareness poster  
**Date:** March 13, 2020 12:34:15 PM  
**Attachments:** [COVID-19\\_PreventSpread\\_Poster\\_11x17.pdf](#)  
[COVID-19\\_PreventSpread\\_Poster\\_11x17\\_BW.pdf](#)

Non-responsive

## COVID-19 INFORMATION

# HELP PREVENT THE SPREAD

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)

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