

Wendy Davies

From: Carrie Lesko
Sent: April 21, 2020 7:59 AM
To: Wendy Davies
Subject: FW: COVID-19 Community Resources Brochures
Attachments: COVID-19-CAL-BROCHURE.docx; COVID-19-CALSURRO-BROCHURE (002).docx;

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STOP THE SPREAD
PROTECT YOURSELF AND OTHERS

Mandatory to self-isolate for 10 days if you are feeling sick

Mandatory to self-isolate for 14 days if you are returning from international travel or in close contact with people confirmed to have COVID-19

Stay home - if you must leave your home, maintain physical distancing of 2 meters

Wash your hands frequently for at least 20 seconds

Cover coughs and sneezes

Avoid touching your face

Stay informed on how you can help prevent the spread.

Visit-

alberta.ca/covid19

Addictions help line - 1-866-332-2322 (24/7)

Community Resources - 211

Family violence - 310-1818 (24/7)

Income supports (Emergency needs; food, clothing, shelter) - 1-866-644-5135

Kids help phone 1-800-668-6868 (24/7)

Child abuse hotline 1-800-638-0715 (24/7)

Child Intervention Crisis unit - 1-800-638-0715

Mental health help line 1-877-303-2642 (24/7)

Seniors abuse helpline - 780-454-8888 (24/7)

Toll free crisis line / distress centers (24/7) - 780 area code 1-800-482-4357 - 403 area code 1-800-784-2433

Trans lifeline - 1-877-330-6366 (24/7)

Disaster distress helpline 1-800-985-5990

National domestic violence hotline 1-800-799-7233 TTY 1-800-787-3224

Canadian association for suicide prevention 780-482-HELP (4357)

SYMPTOMS AND RISKS OF
COVID-19

COVID-19 symptoms are similar to influenza and other respiratory illnesses.

- Common symptoms can be mild: cough, fever, shortness of breath, runny nose or sore throat
- Symptom of serious illness: difficulty breathing or pneumonia

If you have symptoms:

- [Self-isolate for at least 10 days](#) – this is a mandatory legal requirement (as of 2020/03/25)
- [Take the online COVID-19 self-assessment](#)
- [Call Health Link 811](#) for further instructions if directed by the self-assessment tool
- Do not go to an ER or clinic – if you need immediate medical attention, call 911 and inform them you may have COVID-19

Mustard Seed Champion Centre

- Address 435 N Railways Street S.
- Open 8:00am to 11:00am
- Provide take-out meals

Oasis Cafe

- Address 503A Allowance Ave S.E.
- Open Thursday 10:00pm to 12:00pm and Sunday 2:00pm to 4:00pm
- Provides hot meals, showers, and clothing

Alberta Works

- Operating by appointment only, call prior to attending
- Phone 403-529-3683

Transportation

- Public transit is still available in the city and the city bus is operating at no fee

Shelters

Salvation Army Shelter – Centre of Hope

- Open 7:30pm to 7:30am
- Address 737 – 8 Street SE
- Phone 403-526-9699

Medicine Hat Women’s Shelter Society

- Shelter services and supports remain operating 24/7
- 1-800-661-7949 or 403-529-1091

Community Resources

During COVID-19 Pandemic

Medicine Hat, AB

Information subject to change due to emerging situation - last revised April 2, 2020

Health link - 811

Community Resources - 211