

## Reminder from City Hall

Alberta is now entering a fourth wave of the COVID-19 pandemic. Follow the actions listed below to help keep you and your family, friends, and colleagues safe.

[wetaskiwin.ca/COVID-19](https://wetaskiwin.ca/COVID-19)



### PHYSICAL DISTANCING

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.



### GET VACCINATED

Vaccines are safe, effective, and protect you and your family against contracting COVID-19.



### WEAR MASKS INDOORS

Wear masks or face coverings indoors, unless you are exempt from this requirement.



### DON'T TOUCH YOUR FACE

Touching your face can significantly increase the risk of infection. Avoid touching your eyes, nose, and mouth.



### WASH YOUR HANDS

Wash your hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching your face.



### STAY AT HOME IF SICK

Use the AHS Self-Assessment Tool online to determine if you need further assessment or testing for COVID-19.

