

STAY HOME, STAY SAFE!

The health and safety of our residents and staff continues to be Horizon's top priority. Public health orders are now enforceable by law and violations can be fined up to \$1,200 by law enforcement agencies for each occurrence.

What should I do if I have a symptom?

If you are experiencing a symptom of COVID-19 that isn't linked to a pre-existing health condition, you are legally required to self-isolate for 10 days or until symptoms resolve, whichever is longer. Symptoms include: cough, sore throat, runny nose, fever, headache and shortness of breath.

If you have symptoms, call Health Link at 811 or complete the online self-assessment by visiting www.albertahealthservices.ca/topics/Page17058.aspx.

So that we can do our part to protect the health and wellness of residents and staff, please inform Horizon if you have symptoms by calling 403-297-1746 or emailing tenantrelations@horizonhousing.ab.ca.

Should I get tested?

If you are experiencing any symptom of COVID-19, you are eligible for testing. To determine if you need to be tested and next steps, complete the online self assessment or call Health Link at 811. We strongly encourage anyone with symptoms to get tested in order to keep yourself and others as safe as possible.

What should I do if someone isn't following the rules?

If you are concerned someone is not following public health orders you can remind the person their actions may be putting themselves and others at risk. In addition, you can now submit a complaint for violations of public health orders to AHS public health inspectors here: <https://ephisahs.microsoftcrmpartals.com/create-case/>.

HORIZON'S COVID-19 PROTOCOLS

We know there is a possibility of a resident or staff testing positive for COVID-19. If Horizon becomes aware of a person with a positive case in one of our buildings, here's what you can expect:

- We will notify all residents in the building there is a confirmed case.
- To protect the privacy of the affected person, we will not share the resident's name.
- We will work closely with the affected resident and any family or agency supports to ensure they have what's needed to self-isolate.
- We will continue to encourage residents to self-monitor and immediately isolate if any symptoms arise.
- We will follow directive of public health authorities and follow best-practices to prevent the spread.

If you have questions or concerns, please contact us at 403-297-1746 or tenantrelations@horizonhousing.ab.ca.

NEW RESOURCES

Please check our previous newsletters for additional resources, which can be found on our website: <https://www.horizonhousing.ab.ca/tenants/news-events/>

GROCERY DELIVERY AND PICK-UP

YYC Grocery Delivery

<https://www.yycgrocerydelivery.com/>
(403-680-5089)

This pop-up volunteer group delivers groceries to at-risk Calgarians and seniors for free. Place an order today!

Four Feet Companion Foundation

Free pet food delivered based on need and availability. If you are interested in receiving free pet food, contact Moira at 587-393-2653 or moiram@horizonhousing.ab.ca.

INDIGENOUS RESOURCES

Métis Nation of Alberta

<http://albertametis.com/interim-covid-19-support-plan/>

The new Interim COVID-19 Support Plan includes a child wellness benefit, emergency rent relief and more.

Awo Taan Healing Lodge Society

<https://www.awotaan.org/>
(403-531-1880 ext.100)

The Family Wellness Centre is helping connect families with elder support and emergency counsellors.

WELLNESS SUPPORTS

Mental Health Guide

<https://mentalhealthcovid19.ca/>

Read Dr. Jerome Perera's comprehensive guide for improving your mental health during COVID-19.

Aura Health

<https://www.aurahealth.io/>

The Aura Health app offers many tools to help you manage emotions and get better sleep. From gratitude journals, to guided meditations, this app offers several wellness supports.

24-Hour Family Violence Helpline

www.calgarywomensshelter.com/
(403-234-7233)

The Calgary Women's Emergency Shelter offers confidential counselling. Text 403-604-6689 or email help@cwes.ca for help.

Smiling Mind

<https://www.smilingmind.com.au/>

This app's Thrive Inside program has specific supports to help keep you inspired and safe during COVID-19.

GET INVOLVED AT HOME

Alberta Cares Connector

<http://albertacaresconnector.ca/>

Browse volunteer opportunities you can get involved in at home with Alberta's new volunteer portal.

SkillGain

<https://prospectnow.ca/?p=16886>
(403-237-5108)

Prospect's SkillGain program helps Calgary job-seekers build literacy and essential skills needed for success in employment and education for free! Get interactive training and reach your goals.

KID-KALOOZA

Active For Life

<https://activeforlife.com/>

Check out the many resources on Active For Life's website. They share activities, podcasts, lessons and more to keep the whole family active and entertained at home!

Yoga for Kids

<https://www.facebook.com/mishleen.khoury.9>

Check out Mishleen Khoury's Facebook page for daily yoga classes for kids and parents.

From ABCs to ACTs

<https://fromabcstoacts.com/>

Keep your kids engaged with hundreds of resources, hands-on activity ideas, and printables to choose from on this site.

STAMPEDE BBQ CANCELLED

Here at Horizon, we've had to make the difficult decision to cancel the annual Stampede BBQ. Our top priority is the health and safety of residents and staff. Cancelling the BBQ is the safest decision to abide by public health orders. If you have ideas for virtual building events or activities, please reach out to Moira at 587-393-2653 or moiram@horizonhousing.ab.ca.

CONNECT WITH US

Have questions? Visit our website at www.horizonhousing.ab.ca and send your email to tenantrelations@horizonhousing.ab.ca to get the latest updates.

 **Horizon Housing Society**

 **@HorizonYYC**