

State of Public Health *Emergency*: What it Means for You

With rising COVID-19 case numbers, Alberta has entered a State of Public Health Emergency. The province has introduced additional public health orders to reduce the spread of COVID-19. These enhanced restrictions will be in place for a minimum of three weeks, to be re-evaluated at that time. For full details about the new public health orders visit: <https://www.alberta.ca/enhanced-public-health-measures.aspx>

NO INDOOR GATHERINGS

No indoor social gatherings are permitted at this time. This means no gathering inside your home, building, or other area with anyone outside of your own household.

Please refrain from gathering with other residents in lobbies, in front of your Building Manager's office, hallways, laundry rooms, by vending machines, or in other indoor common areas.

If you live alone, you may have up to two non-household contacts, provided interaction is exclusively with them only for the duration of these restrictions.

OUTDOOR GATHERINGS LIMITED

Outdoor gatherings are limited to a maximum of 10 people. When outside in designated smoking areas, please ensure there are no more than 10 people present and physical distancing is maintained.

ENFORCEMENT OF PUBLIC HEALTH ORDERS

New public health measures are mandatory for everyone in Alberta. Please remember that not following these measures is against the law, and puts other people at risk. If you violate a public health order, you may be subject to a \$1,000 fine.

MASKS ARE MANDATORY

Masks are mandatory in all indoor settings. Masks must be worn at all times by Horizon staff, as well as by residents when outside of their home. This includes wearing a mask in hallways, elevators and stairwells, laundry and garbage rooms, and lobbies.

ISOLATE IF YOU HAVE SYMPTOMS

Anyone experiencing symptoms must isolate for 10 days or until symptoms resolve, whichever is longer. Isolation means not leaving your unit for any activity, including laundry, walking pets, and smoking.

If you are feeling sick, or have been in contact with someone who has tested positive for COVID-19, please call us at 403-297-1746 or email us at tenantrelations@horizonhousing.ab.ca so we can connect you with supports as you self-isolate.

For health advice, call Health Link at 811, or visit www.alberta.ca/covid-19-testing-in-alberta.aspx for information about symptoms and testing.

KEEP YOUR DISTANCE

Please maintain a distance of at least two metres between yourself and others at all times. This means limiting the number of people in elevators, stairwells, and laundry and garbage rooms.

What We're Doing to *Help*

LOBBIES & COMMON AREAS CLOSED

Lobbies have been closed in order to prevent gatherings. Common rooms will remain closed.

ESSENTIAL MAINTENANCE ONLY

Maintenance and repairs inside residents' homes will be limited to essential work only. This is to help limit interactions and keep everyone safe.

ENHANCED CLEANING PROTOCOL

Enhanced cleaning of high contact surfaces will continue once per day, Monday to Friday.

Mask Reminders

Wearing a mask is effective at reducing the spread of COVID-19 by blocking respiratory droplets from entering the air.

Remember to keep your hands clean and to refrain from touching the mask after you've put it on. After every use, you should wash your mask on a warm laundry cycle or by hand with soap and water.

Check out more information and videos here: <https://www.alberta.ca/masks.aspx>.

Santa is Staying Home

Santa has decided to stay at home to do his part to prevent the spread of COVID-19. Don't worry, Horizon still has a special holiday gift for every home! In light of the new public health orders, how we're distributing gifts will look a little different:

CONTACTLESS DELIVERY

We will be spreading the holiday cheer with contactless delivery. A Horizon team member will place your gift at your door, knock, and continue down the hallway. The schedule of delivery will remain the same, so listen for that knock!

As some people may not be home while we deliver, please do not touch any gifts left outside other peoples' homes.

SANITIZED, SAFE, AND SPECTACULAR

Horizon team members will sanitize after contact with any surface, ensuring your gifts are safe for you to collect. Masks will be worn and physical distance maintained throughout.

Taking Care of Your *Mental* Health

Mental health is just as important as physical health, especially as we continue to deal with day-to-day uncertainty. Here are a few wellness resources designed to support positive mental health during these challenging times.

AHS: HELP IN TOUGH TIMES

[www.albertahealthservices.ca/amh/
Page16759.aspx](http://www.albertahealthservices.ca/amh/Page16759.aspx)

Alberta Health Services has put together a comprehensive list of resources available to all Albertans.

CMHA: RECOVERY COLLEGE

<https://recoverycollegecalgary.ca/>

Check out a number of online courses that can help reduce stress, think more positively, and adapt to change.

RAPID ACCESS COUNSELLING

<https://www.cfs-ab.org/#GetSupport>
403-205-5294

Catholic Family Services offers single session video counselling services.

CALGARY COUNSELLING CENTRE

<https://calgarycounselling.com/>
403-691-5991

Counselling services offered over the phone or online. Fees are based on a sliding scale, pay what you can afford.

DISTRESS CENTRE CALGARY

<https://www.distresscentre.com/>
403-266-4357

Access the 24/7 crisis line by phone or their confidential online chat.

IN THE ROOMS

<https://www.intherooms.com/home/>
1-888-532-6556

Join this online community of groups, meetings, and other supports.

Schedule: *Gift Delivery*

HORIZON ON 8TH

Monday, November 30th
12 p.m. to 2 p.m.

HORIZON PARK

Monday, November 30th
2 p.m. to 3 p.m.

ALICE BISSETT PLACE

Tuesday, December 1st
12 p.m. to 4 p.m.

HORIZON VIEW

Wednesday, December 2nd
10 a.m. to 1 p.m.

BOB WARD RESIDENCE

Wednesday, December 2nd
2 p.m. to 4 p.m.

HORIZON WEST

Thursday, December 3rd
11 a.m. to 1 p.m.

HERITAGE GARDENS

Friday, December 4th
12 p.m. to 2 p.m.

HORIZON 14

Friday, December 4th
2 p.m. to 4 p.m.

HOPE FOR WELLNESS

<https://www.hopeforwellness.ca/>
1-855-242-3310

This confidential help line offers mental health counselling and crisis intervention to all Indigenous People over the phone or via online chat. Phone services are available in English, French, Cree, Ojibway, and Inuktitut.

Connect with us



www.horizonhousing.ab.ca



Horizon Housing Society



@HorizonYYC



403-297-1746