

# New COVID-19 Restrictions for *Alberta*

With rising COVID-19 case numbers, the Alberta Government has put in place new mandatory public health orders in hopes of reducing the spread of COVID-19. These enhanced restrictions will be in place until at least January 12th. For full details about the new public health orders visit:

<https://www.alberta.ca/enhanced-public-health-measures.aspx>

## NO INDOOR GATHERINGS

Indoor social gatherings continue to be prohibited. This means no gathering inside your home, residence, or other areas with anyone outside 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 common areas.

Please plan to limit holiday gatherings only to people within your household.

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

## NO OUTDOOR GATHERINGS

Outdoor gatherings with people outside your own household are now prohibited. Please refrain from gathering with others outdoors. When outside in designated smoking areas, please ensure physical distancing is maintained.

## ENFORCEMENT OF PUBLIC HEALTH ORDERS

New public health measures are mandatory for everyone in Alberta. Please remember 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.

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## What We're Doing to *Help*

### LOBBIES & COMMON AREAS CLOSED

Lobbies and common rooms will remain closed in order to prevent gatherings.

### ENHANCED CLEANING

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

## MASKS ARE MANDATORY

Masks are mandatory province-wide in all indoor settings. Masks must be worn at all times by Horizon staff and 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](mailto: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](https://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.

## *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>.

## Contest: Deck the Halls!

There's still time to get into the holiday spirit and win a prize with this decorating contest. Send a picture of your holiday decorations for your chance to win a \$50 gift card!

### HOW WILL THE WINNER BE SELECTED?

The winner will be randomly selected from all submissions.

### HOW DO I SUBMIT MY ENTRY?

Take a picture and email it to [moirak@horizonhousing.ab.ca](mailto:moirak@horizonhousing.ab.ca). If you don't have camera or email access, call Moira at 587-393-2653.

Make sure to include your name, phone number or email address, unit number and building name to be eligible to win.

### WHEN DO I NEED TO SEND IN MY SUBMISSION?

Submit your photo by December 20th to enter. The winner will be selected and notified by December 22nd.

*\*All entries give consent for photos of their decorations to be shared in future Horizon Housing materials.*

## 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.

### 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

[recoverycollegecalgary.ca/](http://recoverycollegecalgary.ca/)

Check out a number of online courses that can help you reduce stress and adapt to change.

### RAPID ACCESS COUNSELLING

[www.cfs-ab.org/#GetSupport](http://www.cfs-ab.org/#GetSupport)

403-205-5294

Try single session video counselling for help with almost any issue.

### HOPE FOR WELLNESS

<https://www.hopeforwellness.ca/>

1-855-242-3310

Indigenous persons can access confidential crisis intervention and mental health counselling over the phone or via online chat. Services are available in English, French, Cree, Ojibway, and Inuktitut.

### CALGARY COUNSELLING

[calgarycounselling.com/](http://calgarycounselling.com/)

403-691-5991

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

## Holiday Fun, COVID *Style*

### MAKE AN ORNAMENT

[wholefully.com/make-salt-dough-ornaments/](http://wholefully.com/make-salt-dough-ornaments/)

You can make your own 2020 ornament with just flour, salt, and water! Plus, send in a picture to enter the decorating contest.

### BAKE HOLIDAY TREATS

Try out recipes new and old for some afternoon fun and delicious snacks throughout the holidays!

### VISIT VIRTUALLY

Stay safe and visit with family and friends virtually or by phone.

### LOOK ON THE BRIGHT SIDE

<https://lightenupcalgary.ca/>

Check out the best light displays in Calgary! Visit Lighten Up Calgary to find out where the best light displays in the city are.

### THE NUTCRACKER AT HOME

<https://www.marquee.tv/videos/roh-thenutcracker2018>




Now's your chance to watch The Royal Ballet's 2018 performance of The Nutcracker, from home. Just start a free trial, enjoy the show, and browse other performances.

### CP HOLIDAY TRAIN

<https://www.facebook.com/events/373528847194270/>

Tune in on December 12th at 6 p.m. for a free virtual performance from artists including: Serena Ryder, The Trews, JoJo Mason, Logan Staats and Kelly Prescott.

## Connect with us

[www.horizonhousing.ab.ca](http://www.horizonhousing.ab.ca)  Horizon Housing Society  @HorizonYYC  403-297-1746