

March 25, 2021

## COVID-19 Health and Safety Reminders

Dear Resident,

COVID-19 continues to be an ever-present factor in our lives. While we navigate evolving public health measures and information, the health and safety of residents and staff continues to be our top priority.

Please read below for updated COVID-19 information and answers to common questions that may be helpful for you.

### Masks Are Mandatory

Masks are mandatory 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.

#### WHAT'S THE BEST MASK TO WEAR?

The most effective mask to protect yourself and others is a mask with three layers. The outer layers should be a tightly woven fabric, such as cotton, and the middle layer should be a filter-type fabric, such as non-woven polypropylene (which is a filter-type fabric – in a pinch, you can cut out a canvas or fabric tote bag to use as a filter).

**The most important part of your mask is the fit.** Make sure the mask forms a snug seal around your nose, chin, and sides of the mask.

### Current Public Health Measures

Alberta is currently in Step 2 of the province's A Path Forward Plan. In addition to mandatory masks, the following public health measures are still in place:

#### INDOOR GATHERINGS

Indoor social gatherings continue to be prohibited. This means no gathering inside your home, common spaces in your building, or any other indoor areas with anyone not from your own household. Please refrain from gathering with other residents in lobbies, in front of the Building Manager's office, hallways, laundry rooms, by vending machines, or in other common areas.

If you live alone, you may have up to two non-household contacts, provided interaction is exclusively with the same two people for the duration of the public health measures.

## COVID-19 Vaccinations Are Available

COVID-19 vaccines are safe, effective, and save lives. The vaccine helps prevent you from getting sick and helps prevent the spread of COVID-19 to others. We strongly encourage everyone who is eligible for the vaccine to get it as soon as it is available to you.

### WHEN CAN I GET VACCINATED?

Vaccines are currently being released in phases in an attempt to vaccinate people most at-risk first. Currently, there are two groups eligible to book vaccinations immediately:

- Anyone born in the year 1956, or earlier
- Indigenous Peoples born in the year 1971, or earlier

To stay up-to-date on when you can get vaccinated, please visit:

<https://www.alberta.ca/covid19-vaccine.aspx>

### HOW DO I BOOK A VACCINATION?

You can book your vaccine three different ways:

- Call Health Link at 811
- Book online here: <https://www.alberta.ca/covid19-vaccine.aspx>
- Book through a participating pharmacy, full list here: <https://www.ab.bluecross.ca/news/covid-19-immunization-program-information.php>

### WHAT IF I CAN'T GET TO MY APPOINTMENT?

If you are worried about finding transportation to get your vaccine, please call 211 and they will help you secure a ride to and from your appointment.

To learn more about the vaccines, we recommend getting information from a trusted public health authority: <https://www.alberta.ca/covid19-vaccine.aspx>.

Stay healthy and safe!

Horizon Housing