

During the COVID-19 outbreak, Owners can take specific precautions by doing the following:



Practice physical distancing

- Keep at least 2m or 6ft (the length of bicycle) away from other occupants in common areas.
- Avoid overcrowding elevators: 2 to 3 people maximum per elevator.
- Do not use common gathering spaces such as fitness rooms, shared laundry facilities, pools, party rooms, playgrounds – regardless of the number of people present.



Wash your hands frequently

- Avoid touching your face, nose and mouth.
- Wash your hands with soap or sanitize your hands after touching surfaces used by other occupants such as door handles, waste chutes and handrails.



Use elevator etiquette

- Avoid touching the elevator buttons – use your elbow, knuckle or pull your sleeve over your hand/fingers.
- Limit the number of people in an elevator to maintain 2m distance, 2 to 3 people maximum and face the elevator walls.
- Cover your cough or sneeze in your sleeve or facial tissue.



Monitor yourself for symptoms

If you have symptoms, like a dry cough, fever, fatigue or difficulty breathing:

- Stay home and self-isolate - do not go to an ER or clinic.
- Use the Alberta Health Services' COVID-19 online screening tool (albertahealthservices.ca) or call Health Link 811.

Self-Isolate when required

Self-isolate for 14 days and do not leave your unit if you:

- Recently returned from travel outside of Canada.
- Are a close contact of someone who has tested positive for COVID-19.
- Have been asked by a healthcare professional for another reason.

Self-isolate for 10 days if you have cough, fever, shortness of breath, runny nose or sore throat not related to a pre-existing condition.

- Request support from your family, friends and neighbours to delivery necessities to your door.



Visit calgary.ca/covid19 for more information.