Help us stay open

Stay in a separate bedroom if you’re sick

Even if your symptoms are mild, isolate from your family so they don’t get sick.
- Stay and sleep in a separate bedroom.
- If possible, use a separate bathroom.
- Sanitize any surface you touch.
- If you need to go near your family for a minute or two, wear a mask and keep your hands clean.
- Eat in a separate location and do not share food or utensils.

Meet your friends and family outside

Indoor social gatherings are the number one way the COVID virus is spreading.
- Socialize in outdoor settings: have a drink by a firepit, visit our zoo, and enjoy parks and skating rinks.
- Avoid outdoor areas that are crowded.
- If you feel unwell, even with mild symptoms, don’t meet anyone outdoors.

If you must carpool, wear a mask

Driving with co-workers increases your risk of COVID-19 exposure.
- Wear a mask and sit as far away from others as possible.
- Clean your hands before you enter and after you leave the vehicle.
- Sanitize frequently touched vehicle surfaces.

Stop the spread
calgary.ca/covid