 Coronavirus disease (COVID-19)

Care instructions after you leave the emergency department or urgent care centre

(911 if you:)
- Always wash your hands frequently, using soap and water.
- Use hand sanitizer when soap and water are not available.
- Avoid touching your face.
- Isolate yourself.

Call your healthcare provider or Health Link at 811 or get medical care if:
- Call your healthcare provider.
  - If you have a fever.
  - If you have cough.
  - If you have difficulty breathing.

(If you have COVID-19 or suspect COVID-19, isolate yourself.)
- Wash your hands often.
- Avoid touching your face.
- Call 911 if you have any of the following:
  - Severe breathing difficulties.
  - Severe chest pain.
  - Severe abdominal pain.
  - Severe headache.
  - Severe dehydration.

Call Health Link at 1-677-897-0153.

(If you have COVID-19 or suspect COVID-19, isolate yourself.)
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- Avoid touching your face.
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  - Severe chest pain.
  - Severe abdominal pain.
  - Severe headache.
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Caring for yourself at home

About COVID-19

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Tigrinya (Ethiopia)

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Tigrinya (Ethiopia)
Alberta Health Services (Emergency Strategic Clinical Network)

- 24/7 Health Link: 811
- MyHealth.Alberta.ca
- Government of Canada - canada.ca/covid-19
- Alberta Health Services - ahs.ca/results
- MyHealth.Alberta.ca - alberta.ca/covid

Where can I learn more?

Alberta Health – alberta.ca/covid
Alberta Health Services (Emergency Strategic Clinical Network) – ahs.ca/covid
Alberta Health Services (COVID-19 related results) - ahs.ca/results
Government of Canada – canada.ca/covid-19
MyHealth.Alberta.ca – alberta.ca/covid

Related to Coronavirus Disease (COVID-19)

- 24/7 Health Link: 811
- Health Services - ahs.ca/results

Where can I learn more?

Alberta Health Services

Health Information: July 17, 2022

Health Information: Alberta Health Services

Health Information: (Left) - Health Services (Right) - ahs.ca/results

(Care instructions after you leave the emergency department or urgent care centre)