



## COVID-19 Update

November 26, 2020 16:00

5 active cases  
29 recovered  
2 death  
36 total

Be kind and please continue to stay vigilant and follow all recommended practices and behaviors outlined by Alberta Health Services to reduce the rising spread of COVID-19 cases.

To protect yourself and others:

- Practice physical distancing (keep at least 6 feet from others when in indoor public spaces)
- Wear a mask in public places to help limit the risk of spread to others if you will be within 2 metres of people (other than members of your own household)
- Wash hands often with soap and water for at least 20 seconds
- Carry and use hand sanitizer
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching your face with unwashed hands
- Avoid travel outside Canada
- Watch for COVID-19 symptoms: cough, fever, shortness of breath, runny nose or sore throat

If you have questions about workplaces or business abiding by the current Alberta Health Services rules, you can submit a concern directly to AHS, and a public health inspector will look into it. Please call 1-833-415-9179 or visit this site:

<https://ephisahs.microsoftcrmportals.com/create-case>

If you require additional assistance or would like to listen to this local update please call 1 855 627 5365. Please share this number with neighbours, family members and friends who do not have access to the internet.

Please ensure you are receiving your information from trusted sources. For the latest news for Albertans on COVID-19, including updates on government actions, visit [alberta.ca/covid19](http://alberta.ca/covid19)