

We're all in this Together

We all have a role to play in fighting the spread of COVID-19.

Everyone's behaviour can have a big impact. Please follow these recommendations and be sure you know the legal requirements under the current health emergency.

We can make a difference if we all do our part!

RECOMMENDED

- Limit how often you leave your home as much as possible.
- Cover coughs and sneezes with the inside of your forearm/elbow.
- Wash your hands after touching communal surfaces such as handrails and handles.
- Use your elbow to operate elevator buttons.
- Wipe down laundry machines with a disinfecting solution before and after use.
- Postpone social gatherings and group outings, especially if household or family members are senior citizens or have high risk medical conditions.
- Practice social distancing when using public transportation. Walk when possible.

REQUIRED

- **Non-essential visitors are not permitted in CHC apartment buildings** during the COVID-19 pandemic response. *Essential visitors are visitors who are over 18 years of age and must attend the residence of a tenant for the purposes of providing for the essential care needs of a resident, that would otherwise be unmet. Essential visits are short term, only lasting long enough to provide the required service. Only one essential visitor may attend to an apartment unit at any time. **Social events and family gatherings are non-essential and must be postponed.***
- When an essential visitor is in your home, you must maintain a minimum of 2 metres distance from one another.
- Do not loiter in common areas or socialize with neighbouring tenants in common areas during the response.
- Do not overcrowd public spaces, including elevators and laundry facilities. You must maintain 2 metre distances from all other tenants and individuals when accessing those shared spaces and please be patient when using these shared facilities.
- If you have tested positive for COVID-19, report this to your Property Manager. You also must stay within your private residence and fully isolate for the duration of your symptoms, and a minimum of 10 days, unless you are seeking emergency medical treatment with direction from Alberta Health Services.
- If you have had close contact with a person who has tested positive for COVID-19, or if you have returned from international travel, you **MUST** self-isolate for 14 days.
- **If you have any of the following symptoms: cough, fever, shortness of breath, runny nose, or sore throat, you MUST self-isolate for 10 days or until the symptoms are no longer present (whichever is longer).**

If you are self-isolating:

- **STAY HOME** – do not go to work, social events or any other public areas or community settings.
- Avoid close contact with other people, including other household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride-sharing.
- Do not go for walks in public places. This includes children who are in mandatory self-isolation.
- If you live in an apartment building or high-rise, you must stay inside your unit and cannot use the elevators or stairwells. **IF** your balcony is private and at least 2 meters away from other balconies, you may use your balcony to get fresh air.

Please be aware:

Required behaviours are established by the Provincial Government during the current public health emergency or by Calgary Housing Company under the authority of the Residential Tenancies Act. Failure to comply with the government orders may result in fines. Tenants in violation may also face eviction.

**If you see something,
say something.**

Report suspected criminal activity to police at 9-1-1 or (403) 266-1234 (non-emergency)
For tenant or property matters, contact your Property Manager or call CHC at (587) 390-1200

For more information on COVID-19, links to government and health resources, and CHC-specific information such as rent payments, please visit: calgaryhousingcompany.org/covid