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Protect yourself from COVID this season (Alberta)

COVID continues to circulate in Alberta, especially during the fall and winter when people spend more time indoors. While anyone can be infected, some groups have a higher chance of serious illness, for example, adults 65 and older, pregnant people, individuals with chronic health conditions (like diabetes or heart disease), or those with a weaker immune system because of illness or treatment. Even if you had COVID before, your protection may fade over time.

COVID vaccines remain the best way to lower your risk of severe illness, hospitalization, or long-lasting effects. Updated vaccines are designed to better match the virus strains circulating now. Getting vaccinated on time helps your immune system respond more



strongly, and helps protect the people around you, including loved ones who might be more vulnerable. The rules about who can get a COVID-19 vaccine for free have recently changed. Check if you are eligible [here](#).

Here are other measures you can take to protect yourself and others:

- Avoid touching your eyes, nose, or mouth with unclean hands.
- Wash your hands using warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.



For up-to-date information on vaccine eligibility, doses, and where you can get vaccinated in Alberta, visit the official Alberta Health Services [COVID-19 page](#)