

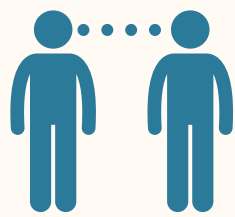
# INFLUENZA+ COVID-19

The influenza season is upon us while we continue to prevent the spread of COVID-19. The following measures protect us from both.



## FREQUENT HANDWASHING WITH SOAP OR SANITIZING

Sanitize your hands before entering or exiting the church. Sanitizing stations are available in the church.



## PROPER PHYSICAL DISTANCING

of 6 feet or 2 metres maintained at all times and in all directions between people who are not from the same household or cohort.



## WEAR FACE COVERINGS OR MASKS

The wearing of face coverings or masks in public places including church buildings and auxiliary parish spaces but exemptions under municipal bylaws will be respected without requiring proof of eligibility.



## COUGH OR SNEEZE INTO YOUR SLEEVES



## GET A FLU SHOT



## STAY HOME WHEN FEELING UNWELL

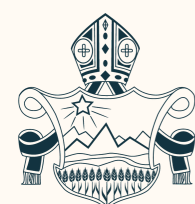


## LIVESTREAM

When vulnerable to infection because of an underlying condition or for any other reason, we encourage you to avoid public places such as the church and join in on the Mass via any of the live-streamed Masses on [calgarydiocese.ca](http://calgarydiocese.ca)

For more information  
call Health Link at 811  
or visit [www.ahs.ca](http://www.ahs.ca)

» [CALGARYDIOCESE.CA](http://CALGARYDIOCESE.CA)



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