

A message to Albertans from your doctors:

What can the public do to help?

Stay vigilant. Follow public health advice

Do not assume you are safe with vaccination or prior infection; you are at lower risk of severe outcomes, but you can still spread the virus to those more vulnerable.

Get any booster shots for which you are eligible

You will be far less likely to get Omicron. If you do, you have double the protection against serious complications.

Limit your contacts & cancel any unnecessary events or travel plans.

Isolate if you have symptoms, use rapid tests when possible

Pay attention to guidelines about testing. They may change if our situation gets worse.

Not everyone needs a confirmatory lab test

The province now recommends rapid tests for people with symptoms, instead of lab-based PCR tests, except for some priority groups. If you are not in a priority group, please leave these critical lab spots open for those who need them to get back to the front lines.

Document positive rapid tests with a time-stamped photo

There is currently no other way to track positive cases and you may need proof to access care if you develop symptoms of long COVID.

Stay safe & take care of each other

It's been a difficult 23 months and we know you are tired. We all want to return to normal.

Your doctors will always be here for you and we're doing our best to keep you safe.

Please support primary care and do what you can to reduce the burden on family physician offices and the wider health care system.