

COVID-19 INFORMATION FOR CALGARIANS

This information sheet was prepared by Vibrant Communities Calgary in collaboration with other community organizations to provide Calgarians with credible information about the quickly evolving local response to COVID-19. This is a summary of resources meant to keep Calgarians safe and well.



LEARNING RESOURCES

- The Calgary Public Library announced that **no fines are being accrued on any overdue items** until April 30th.
- Calgarians are encouraged to **check out the Digital Library**, where the library will be sharing updates, tips, and eResources.



TRANSPORTATION

- Calgary Transit is asking all **customers to board using the rear doors** of the buses.
- Low income transit pass users can **continue using their March transit pass in April**.



FOOD RESOURCES

- The Calgary Food Bank is accepting clients, you must **call first and they will organize your emergency food hamper** and assign your pick-up time. The Hamper Request Line is 403-253-2055.
- The Salvation Army is **providing food hampers** and essentials, by appointment only Call: 403-220-0432
- The Calgary Co-op is offering care packages if you have been instructed by Alberta Health services to quarantine, send an email to memberengagement@calgarycoop.com
- The Kerby Centre is providing a Grocery Delivery Program for seniors in the community, and they have lifted the income requirements. Call the program at 403-234-6571.



Call 211

to access a network of community, social, health and government services.

Fair Entry applications can be submitted online at Calgary.ca, by mail or by fax. Call 311 for more information or assistance with an application.



PHYSICAL AND MENTAL HEALTH

It is normal to feel anxious and worried and we encourage everyone to reach out to your networks for support, or to seek support from mental health services including:

- Alberta Health Services: [Help in Tough Times](#)
- Distress Centre: 403-266-4357
- Mental Health Help Line: 1-877-303-2642
- Kids Help Phone: 1-800-668-6868
- Alberta has recently launched PurposeMed.com, an online clinic to provide Albertans with access to physicians without leaving their homes.



CARING FOR CHILDREN DURING SCHOOL CLOSURE

- The Calgary Board of Education has **created a webpage** that offers ideas to support learning at home.
- Calgary Reads will be sharing a new activity daily to **help you engage and bond with your children**. Find out more by visiting <https://calgaryreads.com/noodle-do-a-day/>