Good morning,

 Today, AHS has launched an enhanced [respiratory assessment tool](https://www.albertahealthservices.ca/topics/Page17058.aspx) to provide Albertans with guidance to manage a wide range of respiratory illnesses, and provide advice on caring for symptoms at home, and when to seek [additional care](https://www.albertahealthservices.ca/options/page11972.aspx). We are sharing this new tool with you, with the hope that you will find value for yourself and your family, and also share this resource within your communities.

  Building off the success of our COVID-19 online assessment tool, this updated tool provides Albertans with another option to obtain tangible advice for symptom management. The tool will help guide individuals to the best care options for their symptoms, including self-care at home, or seeking care through a walk-in clinic, family physician, or pharmacy for mild to moderate symptoms. As always, those with severe symptoms will be recommended to seek care through an urgent care centre, or emergency department.

 The COVID-19 tool has been invaluable for Albertans, having been accessed more than 15 million times since launch.  Other available resources such as the [HEAL](https://www.albertahealthservices.ca/heal/heal.aspx) website, and [know your options](https://www.albertahealthservices.ca/options/page11972.aspx) guidance, continue to provide support for care, whether that be in-home or elsewhere.

 As always, Health Link continues to be here for Albertans, 24/7, by calling 811.

 Prevention is our best opportunity to keep our communities healthy.  We continue to strongly encourage all Albertans to [get immunized](ahs.ca/vaccine) against influenza and COVID-19. Albertans can learn more and book appointments online at [ahs.ca/vaccine.](ahs.ca/vaccine)

 Albertans can keep illness away from family and friends by staying home and away from others when feeling sick.  To prevent spread of any illness, we encourage frequent hand washing with soap and warm water for at least 20 seconds or use alcohol-based hand sanitizer. It’s also important to cover coughs, and avoid touching eyes, nose, or mouth with unwashed hands.  Albertans are also encouraged to wear a well-fitting, high-quality mask in public places if they choose to do so, and rapid, rapid test kits for COVID-19 will continue to be available at participating pharmacies across the province which can be found through the [Alberta Blue Cross website](https://www.alberta.ca/rapid-testing-at-home.aspx).

 We know that illness is worrisome, and we thank you for being a partner in prevention.

 *Sent by Community Engagement on behalf of:*

 **Dr. Kristin Klein**

Lead Medical Officer of Health, Communicable Disease Control

Alberta Health Services

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