

## PATIENT RESOURCES (1 of 2)

COVID-19 Websites & Self-Management Resources	
Government of Alberta Isolation and quarantine requirements	<a href="https://www.alberta.ca/isolation.aspx">https://www.alberta.ca/isolation.aspx</a>
COVID-19: Information for Albertans (AHS)	<a href="http://www.albertahealthservices.ca/topics/Page16944.aspx">www.albertahealthservices.ca/topics/Page16944.aspx</a>
COVID-19 info for Albertans (Government of Alberta)	<a href="http://www.alberta.ca/coronavirus-info-for-albertans.aspx">www.alberta.ca/coronavirus-info-for-albertans.aspx</a>
COVID-19: How to Manage Symptoms (MyHealth.Alberta)	<a href="http://Coronavirus%20disease%20(COVID-19):%20How%20to%20manage%20symptoms%20(alberta.ca)">Coronavirus disease (COVID-19): How to manage symptoms (alberta.ca)</a>
COVID-19: Care Instructions (MyHealth.Alberta.ca Network)	<a href="http://Coronavirus%20disease%20(COVID-19):%20Care%20instructions%20(alberta.ca)">Coronavirus disease (COVID-19): Care instructions (alberta.ca)</a>
COVID-19: What you need to know (MyHealth.Alberta.ca Network)	<a href="https://myhealth.alberta.ca/Alberta/Pages/COVID-What-you-need-to-know.aspx">https://myhealth.alberta.ca/Alberta/Pages/COVID-What-you-need-to-know.aspx</a>
Post-COVID-19 Resources	
Alberta Healthy Living Program: COVID-19 classes for Albertans - Helping You Feel Better After COVID-19	These classes are open to <b>all zones/any Albertan</b> over the age of 18 and are free of charge <a href="http://www.albertahealthservices.ca/assets/programs/ps-cdm-calgary-after-covid-19-online-courses.pdf">www.albertahealthservices.ca/assets/programs/ps-cdm-calgary-after-covid-19-online-courses.pdf</a>
Getting Healthy After COVID-19	<a href="http://www.albertahealthservices.ca/topics/Page17397.aspx">www.albertahealthservices.ca/topics/Page17397.aspx</a>
COVID-19 Translated Resources	
How to care for a COVID-19 Patient at Home (available in different languages)	<a href="http://www.albertahealthservices.ca/topics/Page17026.aspx">www.albertahealthservices.ca/topics/Page17026.aspx</a>
Translated resources: COVID-19 videos, webinars, podcasts available in multiple languages	Alberta International Medical Graduates Association (HealthHub for Newcomers): <a href="https://aimga.ca/healthhub">https://aimga.ca/healthhub</a>
Mental Health Resources	
Mental Health resources (AHS)	<a href="http://www.albertahealthservices.ca/topics/Page17311.aspx">www.albertahealthservices.ca/topics/Page17311.aspx</a>
Mental Health Helpline	Phone 1-877-303-2642 for 24/7 assistance
Help in Tough Times – resource page	<a href="http://www.albertahealthservices.ca/amh/Page16759.aspx">www.albertahealthservices.ca/amh/Page16759.aspx</a>
Togetherall <ul style="list-style-type: none"> <li>Clinically moderated free online peer-to-peer mental health community</li> </ul>	A safe community to support your mental health, 24/7 <ul style="list-style-type: none"> <li><a href="https://togetherall.com/en-ca">https://togetherall.com/en-ca</a></li> </ul>

Patient resources continue on next page

## PATIENT RESOURCES (2 of 2)

Mental Health Resources cont'd	
Text 4 Hope <ul style="list-style-type: none"><li>Free daily text messaging services</li></ul>	COVID-19 Supporting Mental Health & Wellness <ul style="list-style-type: none"><li><a href="http://www.albertahealthservices.ca/topics/Page17019.aspx">www.albertahealthservices.ca/topics/Page17019.aspx</a></li></ul>
Smoking Cessation Resources	
Smoking cessation	There is increasing evidence that smoking cessation may help to reduce the impact of COVID-19. <a href="http://www.albertaquits.ca/topics/smoking-vaping-covid-19">www.albertaquits.ca/topics/smoking-vaping-covid-19</a>
Advanced Care Planning	
Advanced care planning	Patients should also be counseled on advanced care planning, including: choosing an agent, communicating their values and documenting these in a Personal Directive. <a href="http://www.conversationsmatter.ca">www.conversationsmatter.ca</a>