

OCTOBER 2020



ROCKY RIDGE
ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

**Happy
Halloween**

TENTATIVE
Halloween Party
October 31st
1:00 p.m. - 3:00 p.m.

**Volunteer
Opportunities**



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make an impression

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Community and Residents Associations

Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roeoha.ca • www.roeoha.ca

The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com

Website: cascadesroyaloak.com

Elected Officials

Ward 1 Councillor: Ward Sutherland

403-268-2430

ward01@calgary.ca

MLA: Sonya Savage

403-297-7104

calgary.northwest@assembly.ab.ca

MP: Pat Kelly, Calgary Rocky Ridge

403-282-7980

pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Advertising Sales:

Phil: 403-660-7324phil@suburbanjournals.ca

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President's Message



Hello everyone,
I'd like to use this month's message to extend a heartfelt THANK YOU to all of the teachers working in our various community schools, who have successfully navigated some unprecedented challenges, and risks to provide a positive learning environment for our children. Both personally and on behalf of RRROCA,

we truly appreciate you and all the hard work you've done over that last few months to get the class rooms ready. I would also like to encourage the parents in our community to have patience with our schools as the health and safety measures continue to change requiring them to adapt accordingly.

I sincerely hope everyone has had a great start to the fall season, and that this message finds everyone happy and healthy.

A last note, please stay tuned for details on the RRROCA annual general meeting, scheduled for November 23, 2020.

Thank you and all the best,

Dino Petrakos

Skip the Candy This Halloween

There are lots of great ideas out there for candy free treats for the Trick r' treaters at your house, or to take to the Halloween party. Here are some ideas for you:

- Individual Mandarin oranges - for fun you can draw pumpkin faces on the skin!
- Juice boxes
- Cheese strings with ghost faces drawn on to the package
- Apple sauce pouches
- Pretzels
- Mini packages of play-doh
- Temporary tattoos
- Stickers
- Pencils
- Bubbles
- Glow sticks
- Bouncy balls
- Stamps



Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at rrroca.org to sign up for a membership, or email membership@rrroca.org if you have any questions.

Benefits of RRROCA Membership

Here are all the current benefits of RRROCA membership, please visit our webpage regularly for updates.

- Access to Babysitter Registry
- Register for Community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding Block party for free
- Purchase discount tickets or enter draws for free tickets to the shows at Shane Homes YMCA
- Receive free pancake breakfast at annual Stampede Breakfast event
- Receive discounts at Cloverdale Paint, Servus Credit Union, Stealth Alarms and iLoveKickboxing.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration

We are always working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact Linda Nwachukwu at membership@rrroca.org.

RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30

☐

New membership

☐

Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ Phone #: _____

Email*: _____

* Please note e-mail is used to communicate your membership number.

If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**
P.O. Box 91009, RPO Royal Oak
Calgary, AB T3G 5W6

Photographers Corner



"In Waterton, Deer" by Carole Westlake

Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better. And most of the work required can be done from your home. So if are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA.

Membership Chair

The Membership Chair is in charge of managing member-related activities. Supported by an assistant, this director develops and executes plans for retaining and growing the count of RRROCA members.

Time commitment: 10 hrs/month

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up. **Time commitment:** 3 - 7 hrs/month

Communications Lead

Implements and maintains internal communications tools within RRROCA, and also assists with external



communications as directed by the Communications Chair and/or President. **Time commitment:** 5 hours/month

Newsletter Editor

Curating content from the community and the RRROCA Board, the Newsletter Editor works with the publisher to create RRROCA's official newsletter, the RRROCA View.

Time commitment: 5 hours/month

Signage Lead

The Signage Lead works with our Communications team to announce important information. This person takes care of a couple of those bold signs on the side of Rocky Ridge Road. **Time commitment:** 0 – 3 hours/month

Sponsorship Lead

With direction from the Sponsorship Chair, the Sponsorship Lead helps to develop and maintain relations with sponsors for RRROCA events and programs.

Time commitment: 0 – 3 hours/month

Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. gain valuable volunteering experience and essential work skills;
2. know the first-hand community news;
3. get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;
4. the most important: help us to build a thriving community!

Want to receive emails about any volunteer opportunities for the community association?
Please email volunteerlead@rrroca.org to sign up.

Photographers Corner



"In Waterton." by Carole Westlake

Preparing Your Home and Yard for Winter:

Fall Checklist is a great place to start

Do you wonder if you are doing the right things – indoors and outdoors – to prepare your home for winter? The Homeowner Water Guide Fall Checklist, with simple steps you can take to protect your home from leaks and prepare your yard for winter, is a great place to start.

You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener and other water using devices for leaks
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs and trees
- Check the lawn care guide for tips on letting your grass grow into dormancy – when best to stop watering and cutting your lawn.

When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, and ideas for using water in the most efficient way possible. Given the pressures our rivers feel from a changing climate and a growing city, every effort to be water efficient will help keep our rivers – and our community – healthy and resilient.

To find everything you need, including the Fall Checklist, visit calgary.ca/waterguide

City of Calgary



Virtual Information Session:

Eau Claire Area Improvements Program (Flood Protection & Downtown Vibrancy)

We're working towards building a more resilient and vibrant Eau Claire area that supports future growth and development for the people who live, work, visit, and travel in the area. For the prosperity of the immediate Eau Claire area and the greater downtown area, we are simultaneously enhancing the public spaces and implementing flood mitigation, which is our top priority.

In October, The City is hosting a series of virtual information sessions to provide Calgarians with an opportunity to connect with the project teams, to learn more about the anticipated construction impacts in the area, and to receive updates on public engagement efforts within the Eau Claire Area Improvements Program. You can expect to hear from many of the projects in the area, including the 2020 – 2023 construction projects:

- Downtown Flood Barrier and Eau Claire Promenade
- Jaipur Bridge Replacement
- 3 Avenue South Walking and Wheeling Improvements
- Eau Claire Plaza Redesign
- Centre Street Ramp Upgrades

For more information about the above projects, and to register for the virtual sessions, please visit calgary.ca/EauClaire.

City of Calgary

Origins of Thanksgiving

Many thanksgivings were held following noteworthy events during the 18th century. Refugees fleeing the civil war in the United States brought the custom of an annual thanksgiving festival to Canada. From 1879, Thanksgiving Day was held every year but the date varied and there was a special theme each year. The theme was the "Blessings of an abundant harvest" for many years. However, Queen Victoria's golden and diamond jubilees and King Edward VII's coronation formed the theme in later years.

www.timeanddate.com

Photographers Corner



"In Waterton, Waterfall" by Carole Westlake

Councillor Report

CCOVID-19 has created significant additional expenses for the city. Council is cutting back to address these financial issues. In July 2020, my Notice of Motion (NOM) for Union Wage Contract Negotiations was supported by Council. My NOM addresses the three major union contracts due on January 01st, 2021. The unions must participate in our financial challenges and this motion deals with that. Council directed Administration to address our fiscal challenges and wage negotiations and they are responsible to follow our direction. Administration will report back to Council with a negotiating strategy. Ernst & Young Financial Group (EYFG) was contracted to review the City's budget and to explore permanent budget savings.

Council is asking these unions to participate in our financial cutbacks. In November 2019, my NOM called for contracting out one-quarter of the black cart waste collection service to the private sector. In February 2020, my NOM proposed contracting out the management of City-owned golf course operations. You may have noticed radio and television ads from unions targeting my NOMs and asking residents to call their councillor. Basically what they are saying is that they, the unions, do not support my NOMs.

The EYFG report goes public this month and Council must commit to whether or not to implement the recommendations. Our current property tax budget for 2021 is a zero percent indicative tax rate. Council has demonstrated leadership by volunteering to accept 0% wage adjustments and has seen compounded wage adjustments since 2014 fall roughly 5% below compounded inflation (-.33% average 5 years). Now is the time for unions to follow suit.

Ward Sutherland, Councillor, Ward 1

DID YOU KNOW??

The first known mention of trick-or-treating in print in North America occurred in 1927 in Blackie, Alberta, Canada.





ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

www.rrrha.ca officeadmin@rrrha.ca

Office Hours

Changes to office hours will be updated online

Board of Directors

President	Garett Wohlberg
Vice President	Amanda Tischer
Secretary	Colin Smith
Treasurer.....	Val Ostopowich
Director at large	Michael Morrison
Director at large	Bunmi Oyeibanji

Remember to Tag Your Extra Bags

Starting October 1, remember to tag your extra garbage bags. Starting October 1, if you have an extra bag of garbage that won't fit in your City black cart, you'll need to buy a garbage tag. Tags are \$3 each and available at participating convenience and grocery stores or online. See the full list at calgary.ca/garbagetag.

How to use garbage tags:

1. Fill your black cart first.
2. Place extra garbage in a bag and wrap a tag around the knot on top of the bag.
3. On collection day, set the bag 0.5 metres (2 feet) from your black cart.

We encourage everyone to look at what you are buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black).

Learn more at calgary.ca/garbagetag

City of Calgary

RRRHA October Update

Annual General Meeting (AGM):

All members in good standing are invited to attend the Annual General Meeting of the Rocky Ridge Ranch Homeowners Association on Thursday October 29, 2020 at 7:00 p.m. In the event that quorum is not met for the 7:00 p.m. meeting, the second meeting will be called to order at 7:30 p.m.

Notices will be delivered electronically via email during the first few days of October, to all members that have a valid email address in our database. Paper copies will be mailed to those properties for which no email is on file. Please contact the office directly if you do not receive a notice by October 7th.

* The Board is currently looking for new Directors, so any member in good standing that is interested in joining the Board is welcome to contact the office for a Nomination form.

Please be advised that in consideration of the current guidelines mandated by Alberta Health Services and the Province of Alberta, the following protocols will be in place:

- Registration will begin at 6:00 p.m. to allow for less congestion in the hall
- Masks must be worn by all attendees upon entering the building. A temperature check will be done, hand sanitizer is to be used, and a new mask will be provided to you. **Physical distancing of 2m cannot be achieved without restricting attendance, so masks will be required to be worn for the duration of the meeting**
- All attendees must sign in and provide a government issued piece of identification that includes the property address being represented. (Your patience will be appreciated in consideration of the fact that masks can make facial recognition difficult)
- In order to assist with the process of registration for the meeting, please feel free to call ahead so the membership number can be noted in advance and your voting card prepared (to be picked up at time of registration)
- In order to ensure that the largest number of encumbered properties can be represented at the meeting, only one (1) representative per property is encouraged to attend
- Proxy votes will be accepted by the office until 5:00 p.m. on October 29, 2020

Calendar of Events:

Due to the existing restrictions surrounding COVID-19, many of the events that have been held in prior years are not suitable this year. We are working on plans to make adjustments where possible, and are tentatively hoping to

RRRHA October Update

be able to offer the following:

***TENTATIVE* Halloween Party**

October 31st 1:00 p.m. – 3:00 p.m.**

Although this year things will be different than our past annual spooky spectaculars, we are hoping to have a pumpkin hunt in the park! Please visit our website regularly for updates as they are provided from AHS, as any activity we hold will be in compliance with the regulations issued.*RSVP will begin October 1st.

***TENTATIVE* Holiday Market**

November 28th 10:00 a.m. – 2:00 p.m.**

If you are looking for unique gifts to give away during the holiday season, be sure to check out the Holiday Market. We will have a variety of vendors selling a wide array of treasures. *Number of interested vendors and requirements for physical distancing will factor into the ability to proceed. Please contact the office for further details.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Fall Programs

The session will run from September to December. Registration is available online at www.rrrha.ca or through the office. Please visit our website for the full details and class descriptions.

ADULT CLASSES

BALANCED YOGA

13 classes

Mondays w/ Marcy: September 14th - December 14th, excluding October 12th. **Time:** 9:30am - 10:45am
Cost: \$165.00 for members; \$185.00 for non-members.
Minimum 5 participants

PILATES *NEW TIME*

12 classes

Mondays w/Laurie: September 14th – December 14th, excl. October 12th & November 30th. **Time:** 6:30pm - 7:20 pm. **Cost:** \$145.00 (member); \$165.00 (non-member).
Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

14 classes

Tuesdays w/ Vanitha: September 15th - December 15th
Time: 7:30pm - 8:45pm. **Cost:** \$175.00 for members;
\$190.00 for non-members. Minimum 6 participants.

50+ YOGA

14 classes

Wednesdays w/ Vanitha: September 16th – December 16th
Time: 10:00am – 11:30am. **Cost:** \$185.00 (member); \$205.00 (non-member). Minimum 6 participants.

YOGA

14 classes

Thursdays w/ Vanitha: September 17th – December 17th
Time: 9:00am - 10:30am **Cost:** \$185.00 (member); \$205.00 (non-member) Minimum 6 participants.

Other Programs At The Ranch

CALGARY GOJUKAI KARATE: Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

DEBORAH LAXTON SCHOOL OF DANCE: To register for child and adult dance lessons visit: <https://deblaxtondance.com/>

ROCKY RIDGE ROCKERS: Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

SPORTBALL: Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit <https://www.sportball.ca/calgary/to register>.

Did You Know... These Facts About October

- The birthstones are the Tourmaline and the Opal.
- The birth flowers for October is the Calendula
- The two zodiac signs in October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
- October was named after *octo*, Latin for “eight”, when the original Roman calendar started in March, so October was the eighth month.
- The Anglo-Saxons called the month Wintirfylith because it was the first full moon of the winter season.

Talking With Your Children About COVID-19

The start of the new school year can be both exciting and stressful for many kids and teens. The COVID-19 pandemic may make the transition back to school seem more challenging than ever before.

Parents and other trusted adults play a major role in helping kids understand back-to-school health and safety in an honest and accurate way. A calm, meaningful conversation may help minimize their fears and anxieties as students return to school this fall.

A few tips:

- Being safe today will help ensure you can have fun all year long.
- Let your children know it's OK if they're sad or scared about COVID-19. Accept their feelings without judging. Emotions come and go. It's OK to feel sad or upset or distressed. In most cases, these feelings do not last long.
- Avoid telling your child not to worry. The goal is to help your child realistically evaluate risk based on reliable information.
- Show them healthy ways to deal with stress, such as active living, meditation, regular sleep and healthy eating. They will learn how to deal with stress by watching and copying what you do.
- Maintain social connections. If you and your children cannot visit friends or family in person, reach out by phone or video chat. If possible, develop a cohort of up to 15 other people that you and your family can visit with, without having to maintain two metres of distance. These visits will help maintain your social connections and make you—and those around you—feel less isolated.
- Correct misinformation and avoid using language that may create stigma and blame others for COVID-19.
- Let your kids know that you're there for them and that they can ask you questions.
- Focus on how they can protect themselves and others from getting sick. Teach your children ways that they can reduce the spread of germs. Cough or sneeze into a tissue or your elbow, and teach them to wash their hands thoroughly and often. Supply them with hand sanitizer for times when they are unable to wash.
- Keep routines as regular as possible, to provide kids with a sense of security and safety. Maintain regular bedtimes, mealtimes and exercise.
- Encourage positive thoughts. Talk about the people who are working hard to keep people safe and healthy. Find examples in your community of people doing good things. Find ways to do something kind for others.
- Check in regularly to ask how your children are doing. Provide comfort, if necessary, and be patient.
- Remind children and youth to take things day by day if they're feeling overwhelmed. If even this seems overwhelming, then take things hour by hour. And talk to your healthcare provider if you are struggling.
- Go to www.ahs.ca/helpintoughtimes to learn more about how to talk to you kids and how you can connect them with support, if needed.
- Last but not least, take care of your own health. We can all be overwhelmed during times of uncertainty. Be honest about your own feelings. Find ways to complete normal tasks, even if you're feeling worried. You are best able to help your children when you take care of yourself, too.
- If you find you are still struggling, talk to your family healthcare provider or call Health Link at 811. You will also find more resources at ahs.ca.

Alberta Health Services



Personal Safety While Driving

1. Before driving your car:

- Be sure your car is in good running condition by having regular maintenance.
- Have your door and ignition keys ready when you get close to your vehicle.
- Look behind the front seat before getting in to make sure no one is hidden on the floor waiting for you.
- Right after you get in, lock all the doors and roll up the windows.
- Keep your valuables out of sight, not on the seat next to you.

2. Try to always be aware of your exact location.

3. Travel with a cell phone or coins for an emergency phone call.

4. Never pick up hitchhikers.

5. If your car breaks down in an isolated area:

- Raise the hood.
- Sit inside the car with the doors locked until help arrives.
- Leave the windows up while you talk to whoever comes near. It may be safer to stay in your car than to go with

strangers to get help.

- If someone comes up to your car and you do not have a cell phone, ask them to phone the police or a tow truck, etc. and wait in your car.
- Remember that highways are frequently patrolled.

6. If you think you are being followed by a person in another car:

- Do not go home.
- Drive to the nearest police station or open business. If you have a cell phone call 911.
- Do not allow another car to force you to the side of the road.
- Use your horn to get attention and call for help.
- If possible, get the license number and write it down.

7. When you arrive at your destination:

- Park in a well-lit spot as near as possible to your destination.
- Look around for people before leaving your car.
- If you must leave your key in the vehicle when parking in an attended lot, remove it from the key ring and take all other keys with you.
- Keep the registration and insurance information with you.
- Lock your car.

A message from the Federation of Calgary Communities

APPLES

BATS

BLACK

CANDY

COSTUMES

GHOST

GOBLIN

HALLOWEEN

HAUNTED

MONSTERS

MOON

MUMMY

OCTOBER

ORANGE

PUMPKINS

SCARY

SKELETON

SPIDERS

SPOOKY

TREAT

TRICK

WITCH

Word Search



Z J I H C A N D Y L E H A B F V E R

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J X R T E B I A L S N E D Z M B X L

Q Q G E U M S D Y M M U M H K R Y A

Z L C D N M P Z E U K D Y K X O S H

O W P G I I E L O B W D S Y G J N X

O C T O B E R S N L Y F E W N I E J

What is Prostate Cancer?

Prostate cancer is the abnormal growth of cells in a man's prostate gland. The prostate sits just below the bladder. It makes part of the fluid for semen. In young men, the prostate is about the size of a walnut. As men age, the prostate usually grows larger.

Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early. Often, prostate cancer that has spread responds to treatment. Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race affect your chances of getting it.

What are the symptoms?

Prostate cancer usually doesn't cause symptoms in its early stages. Most men don't know they have it until it is found during a regular medical examination.

When problems are noticed, they are most often problems with urinating. But these same symptoms can also be caused by an enlarged prostate. An enlarged prostate is common in older men. See your doctor for a checkup if:

- You have urinary problems, such as:
 - ♦ Not being able to urinate at all.
 - ♦ Having a hard time starting or stopping the flow of urine.
 - ♦ Having to urinate often, especially at night.
 - ♦ Having pain or burning during urination.
- You have difficulty having an erection.
- You have blood in your urine or semen.
- You have deep and frequent pain in your lower back, belly, hip, or pelvis.

Alberta Health Services

The Flu vs COVID-19

Flu season this year looks very different as it coincides with the COVID 19 pandemic.

As you begin to prepare for flu season it is good to know the difference COVID-19 and the flu and what you can do to stay safe.

In some ways, COVID-19 is similar to the flu:

- Both COVID-19 and the flu cause respiratory disease in people who get sick.
- Both are spread the same way, via small droplets from the nose and mouth.
- Neither one is spread through the air over long distances and times, unlike a disease like the measles.

However, there are some key differences between COVID-19 and the flu:

- COVID-19 does not appear to transmit as efficiently as influenza. Only those with symptoms seem to be mainly spreading the disease. This means that when people with symptoms are isolated, controlling spread is possible.
- We currently have no specific vaccine or treatment for COVID-19.
- COVID-19 causes severe disease in a higher percentage of cases than seasonal influenza. Estimates of mortality on average range from about 1-2 deaths per 100 people infected. By comparison, seasonal influenza is 1 in every 1000 who are infected.
- Because COVID-19 can cause such a serious illness, it is critical to keep it from spreading by having people with a cough or fever stay home and away from others.

The same steps can be taken to prevent the spread of both the flu and COVID-19.

- Wash your hands often and use hand sanitizer when you can't wash your hands.
- Stay 2 metres away from others.
- Wear a mask when you are in public.
- Stay home when you feel unwell.

For more information, visit ahs.ca/covid or calgary.ca/covid19.

City of Calgary



"THE BEST REVENGE IS
MASSIVE SUCCESS."
—FRANK SINATRA