

Help Prevent the Spread

- If you are sick you need to self-isolate at home.
- If someone in your home is sick, you need to self-isolate at home.
- If you and those in your home are not sick
 - Keep at least 6 feet from others when going out for groceries, medical trips and other essential needs.
 - Limit the number of times you leave your home for errands; try to limit grocery store visits to once a week.
 - Try to have only one person in the household do the shopping.
 - Try to shop at less busy times.
 - Order online to have groceries or other items delivered if possible.
 - Follow Alberta's mandatory restrictions on gatherings.
 - Wash or sanitize your hands after touching communal surfaces.

For more information visit
alberta.ca/prevent-the-spread.aspx

Transportation and Delivery

Please call the local transportation options for rates and fees.

High River Handi-Bus: 403-652-8620

Offers transportation and delivery services, call for information.

D&D Classic Limousine: 403-652-9519

Offers transportation and delivery services, call for information.

Black and White Taxi: 587-433-8294

Arrow Cab: 403-652-8118

If you need to be tested for Covid-19 but cannot drive to the testing site please call FCSS staff at 403-652-8620.

Immigrant Services

If you are an immigrant and need support please contact Foothills Community Immigrant Services for support.

403-652-5325

Community Information for Covid-19

Stay Well, Stay Home



Inside you will find resources that will help you stay home.

For more information please call FCSS at
403-652-8620

Food

If you or those in your home **are sick**, **please stay home and stay safe.**

Use the following resources to have groceries **ORDERED** and **DELIVERED**.

Food Rescue:

E-mail highriverfoodrescue@gmail.com
OR call 403-601-2910

Meals on Wheels:

Call 403-652-2200

Salvation Army Food Bank:

Call 403-652-2195 ext. 2

Sobeys:

E-mail sobeyshrgroceryorder@gmail.com
OR call 403-601-2910

CO-OP: Online Ordering ONLY

<https://www.calgarycoop.com/food/>
Call For Delivery Options (403) 652-2587

If you and those in your home **are not sick** please use the ordering options above. If you have to shop in store please go alone and only once per week.

Be Kind.

Choose a pick-up option leaving volunteers to help those who **cannot** pick up their own orders.

Prescriptions

Please call for information and payment.
These pharmacies are offering **FREE** delivery.

CO-OP Pharmacy: 403-601-8080

Guardian(NUAID) Pharmacy: 403-652-2499

Loblaw (NO FRILLS) Pharmacy: 403-652-8650

Pharmachoice: 403-652-5608

Rexall: 403-652-7185

Shoppers Drug Mart: 403-652-2634

The Medicine Shoppe: 403-652-4449

Mental Health Resources

If you are struggling and do not know where to turn these services are offering support. For a full list please contact FCSS at 403-652-8620.

Distress Centre: 24-hour phone support
403-266-1605.

Access Mental Health: Call 403-943-1500 for information about mental health supports.

Kids Help Phone: 24-hour phone support
1-800-668-6868.

FCSS

We are committed to providing services to our residents during the COVID-19 Pandemic. Services will still be provided by phone and e-mail.

For support with

- **Income Tax**
- **Resources and Referrals**
- **General questions**

Please call 403-652-8620 or e-mail fcss@highriver.ca.

For support with financial benefits such as **EI** and **CERB** please call our temporary support line at 403-336-9772.

Greater Foothills Family Centre

We are here to support you and your family,

- If you have questions about parenting or are struggling with your child's behavior.
- If you have questions about your child's development.
- If you want to connect to other resources in your community.

Please call us at 403-652-8633, email us at gffc@highriver.ca or visit us on Facebook at Greater Foothills Family Centre.