

# ICE PAGE

Making it Happen! - Support Social Inclusion

## ECAT

Employee & Client Assistance Team  
403-634-8805

Phones do not accept text messages. Staff need to call ECAT.

## What's inside this issue:

VIRTUAL TRAINING PAGE 5-6

HEALTH & SAFETY MEETING MINUTES PAGE 7-8

COVID -19 INFORMATION PAGE 11

## Time Sheet Hand-In

OCTOBER 16TH 2023 FOR ALL SHIFTS WORKED BETWEEN OCTOBER 1ST AND OCTOBER 15TH.

OCTOBER 31ST 2023 FOR ALL SHIFTS WORKED BETWEEN OCTOBER 16TH AND OCTOBER 31ST.

## UPCOMING

HEALTH AND SAFETY MEETING  
Oct 3rd/ Nov 7th,  
2023 at 9:00 AM.

RPAC MEETING  
Oct 4th/ Nov 8th,  
2023 at 3:00 PM.

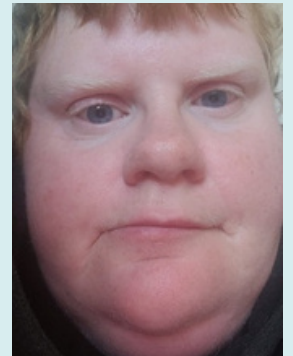
UNIT MEETING  
Oct 18th/ Nov 15th  
2023 at 3:00 PM.

## ON SPOTLIGHT

### VICTORIA L

Victoria is a kind woman who has been with ICE since 2015. Victoria has a strong passion for creativity and loves to cross-stitch as one of her many hobbies. Victoria also carries an interest in collecting realistic dolls called reborn dolls; she currently has one and is planning on getting more soon! Victoria loves going into the community to run errands at malls, meet with friends for coffee, and walk around the city parks and river valley.

Victoria is a leader and puts effort into creating an inclusive environment for everyone. She led the self-advocacy group at her day program at Chrysalis, where she taught her friends and peers about Disability Pride Month and the flag, AISH benefits, and advocacy. Victoria also shared ways of being independent with her group while remaining safe. Some of the safety skills Victoria practices while out in the community she learned from her Support Home Operator, Philomena, including checking in regularly, and letting Philomena know where she is going and when she will be back. At the end of the day, Victoria loves to learn about and taste cultural dishes cooked by her Support Home Operator, Philomena.



### PHILOMENA M

Philomena has been a Support Home Operator with ICE, supporting Victoria since 2015 and is one of the reasons Victoria has been so successful. Philomena involves herself by making sure Victoria is aware of the latest events going on, supporting her with her appointments, and always being available for Victoria. Philomena inspires Victoria to lead, try new things, and is a trustworthy person whom Victoria can rely on. Thank you for the great work, Philomena!



### ICE HAS CANADA LIFE RSP PLAN!

Refer to Policy 3.14.18 CANADALIFE RSP if you are eligible, ICE will match your contributions! To sign up, please contact Independent Counselling Enterprises at: 780-453-9664. For more information about Canada Life: <https://my.canadalife.com/sign-in> CANADA LIFE Helpdesk: 1-800-724-3402

ICE WILL BE CLOSED ON OCTOBER 9th, 2023 THANKS GIVING DAY/ NOVEMBER 13th, 2023 REMEMBRANCE DAY



Please direct all calls to the Employee Client Assistance Team for that day.

403.634.8805

# POLICY REVIEW

\*(Please note that selected sections of ICE Policy 3.5.9 are reproduced here. Please refer to the Policy Manual for the complete policy).

## **Policy 3.5.9 Eliminating/Mitigating/Controlling Work Site Hazards**

Employees are responsible to be aware of potential worksite hazards and how they may impact the overall health and safety of themselves and that of other employees and clients. Employees are responsible to report and follow through in correcting, eliminating or controlling these hazards with assistance of their Team Leader and Supervisor and communicating this process in the hazard section of the staff communication logbook. All supporting documentation must be completed.

Before employees manually lift, lower, push, pull, carry, handle, or transport a load that could cause an injury, a hazard assessment is to be performed. This assessment is to consider the following:

- The weight of the load,
- Size and shape of the load,
- The number of times the load must be moved and
- The manner in which the load will be moved.

Before an employee performs any manual client / resident handling activities, a hazard assessment is to be performed considering the employees physical and mental capabilities to perform the work. If a hazard assessment completed for the above determines a potential for a musculoskeletal injury, the I.C.E supervisor / Manager will develop a plan to eliminate or control the hazard.

1. To reduce the risk of fire there are to be no lit candles, lit fires in fireplaces and no lit fire pits in the yard in any residential program.
2. Exterior potted plants/planters are not acceptable at any residential program (i.e., back yard/balcony). This will serve to reduce/eliminate the extreme fire hazard they present.
3. There are to be no stick pins in common areas in any residential program. These may be used in the staff office and only if this is a contained room and able to be locked.
4. All sharps i.e., knives, scissors, tools, sewing/knitting supplies, choppers, graters, blender blades, thermometers, fire ignition sources (i.e., lighters) etc., with the exception of butter knives, will be locked up in all residential programs. A location will be identified as appropriate to the home i.e., office, kitchen drawer. In a support home, sharps are to be in a secure location. Client support requirements will determine if locks are required.
5. In residential programs, all cleaning supplies are to be kept locked up in an area separate from the food and medications in the home. If a client is independent in cleaning and/or are able to clean unsupervised a location will be identified for the storage of these products i.e., laundry room. A Safety Data Sheet (SDS) is readily available in the Daily Planner. Cleaning supplies may need to be in a locked location in a support home and is dependent on client support requirements.

6. In residential programs:

- Portable heaters-are not to be used as the primary heat source. Portable heaters are not permitted in sleeping rooms. If there is a need for use of a heater a protocol will be developed outlining the need (i.e., furnace repair required), the length/period of time the heater will be required and clear instruction as to the safe use/storage of the portable heater. To further facilitate client safety if the temperature of the home is not appropriate to permit a comfortable environment for the client(s) the I.C.E. employee will contact their Supervisor/Manager for alternative arrangements (i.e., hotel/motel, another residential program etc.).
- Halogen lamps are not to be left turned on without employee supervision.
- All lamps in the client home must have the light bulb completely covered/encased by a lampshade or globe.
- For clients who choose to have a Christmas tree they will be required to purchase an artificial one. Artificial trees will also be required in any office setting.
- When recharging smart phones and other electronic devices use approved chargers/cords or docking stations to prevention overheating and a potential for a fire.
- Gas/propane BBQ's are not permitted to be used in apartment/condo style dwellings.
- For clients residing in detached/semi-detached dwellings BBQ's must be used 1.5 m away from the building and not against combustible materials. Refer to the Health and Safety binder for BBQ protocol.

7. All residential and support homes are to have a working fridge thermometer. Appliances with built in thermometers are acceptable.

8. As per Policy 3.8.6 Dress, Hygiene, and Grooming it is the employee's responsibility to ensure they wear clean and safe indoor shoes while on shift in the homes. This is not applicable to support home operators.

9. Employees/ Support home operators will ensure support and supervision, as required, is provided to clients when using the household appliances and yard equipment. Protective equipment such as gloves and goggles must be provided. When orientations are provided to an employee or a client in a residential setting document this in the logbook. All lawn mowers, weed eaters, gardening equipment etc. will be maintained, used, and safely stored appropriate to the situation in the home.

10. Snow and ice are to be cleared from all pathways, sidewalks, and driveways as soon as it appears. When the employee clears snow or salts ice during the course of their work duties it must be documented in the hazard section of the staff communication logbook in residential programs.

11. If the hot water supply in any program is interrupted for any reason the employee / client WILL NOT heat water in the kitchen and transfer it to any other location in the home. This practice will also not be used to convert the kitchen into a bathing site. The employee is to call their supervisor or, if after hours, the ECAT supervisor for direction i.e., moving to a new location until the water supply source is repaired.

12. Employee personal belongings i.e., purse, money, cigarettes, matches, lighter, medications etc. are to be kept locked away at all times.

13. For residential programs: To eliminate client injury heating blankets and heating pads are not to be used. Warming of towels/wash cloths in a microwave is not permitted. Use of bean bag heating pads that are heated in a microwave is prohibited.

## ICE THANK YOU CARD INCENTIVE WINNERS



**Mary Nyiel** agreed to accept an overnight shift at the last minute, late at night. Her willingness to go in late and be flexible with her time is so appreciated! Thank you, Mary!



**Padma Rai** has been going above and beyond, working last minute relief shifts and filling in for co-workers whenever needed. She has been very helpful in maintaining routines for the individuals. Thank you Padma!

*Thank You*

HAS A CO-WORKER GONE ABOVE AND BEYOND AND SHOWN OUTSTANDING COMMITMENT AND DEDICATION WHILE WORKING FOR ICE? STAFF CAN RECOGNIZE ANOTHER EMPLOYEE BY WRITING THEM A THANK-YOU CARD AND HAVE THEM ENTERED TO WIN MONTHLY PRIZES FEATURED IN THE ICE PAGE! IF A PERSON IS NOMINATED FOR HEALTH & SAFETY ACHIEVEMENTS AT LEAST THREE TIMES FROM DIFFERENT SOURCES IN A YEAR, THEY HAVE A CHANCE TO WIN A CASH PRIZE! SO, TAKE A MOMENT AND THANK A CO-WORKER TODAY! IT CAN PAY OFF TO SAY THANK-YOU FOR A JOB WELL DONE.

## October Training

### **Pre-Employment Training**

October 3,4,10,11,17,18,24,25,31 2023

### **Communication Training- Supportive Task Improvement**

October 5, 2023 (1:30 PM- 3:30 PM)

### **OCD/ODD Training**

October 6, 2023 (9:30 AM- 11:30 AM)

### **Sleep Apnea Training**

October 6, 2023 (10 AM- 11 AM)

### **Diabetes Training**

October 10, 2023 (2:30 PM- 3:30 PM)

### **Borderline Personality Disorder Training**

October 10, 2023 (3:30 PM- 4:30 PM)

### **Abuse Prevention Training**

October 11, 2023 (10 AM- 12 PM)

### **Schizophrenia/Psychosis Training**

October 12, 2023 (1:30 PM- 3:30 PM)

### **PBI Training**

October 13, 2023 (1:30 PM- 3:30 PM)

### **Somatization Training**

October 16, 2023 (1:30 PM- 2:30 PM)

### **Epilepsy Training**

October 16, 2023 (1:30 PM- 3 PM)

### **Manual Material Handling Training**

October 19, 2023 (9:30 AM- 12:30 PM)

### **Hypertension/COPD/Sleep Apnea Training**

October 19, 2023 (1:30 PM- 3:30 PM)

### **Cerebral Palsy/Hypotonia Training**

October 20, 2023 (9:30 AM- 11 AM)

### **Communication Training; Civility and Respect/Resolving Conflict**

October 20, 2023 (1 PM- 4 PM)

### **Incident Investigations Training**

October 20, 2023 (1 PM- 5 PM)

### **Promoting Safety Training**

October 23, 2023 (1:30 PM- 4 PM)

### **Brain Injury Training**

October 24, 2023 (9 AM- 10 AM)

### **Hoarding Training**

October 24, 2023 (10 AM- 11 AM)

### **Hypertension Training**

October 24, 2023 (11 AM- 12 PM)

### **Food Safety Training**

October 25, 2023 (1 PM- 2 PM)

### **Due Diligence for Supervisors and Managers Training**

October 27, 2023 (9:30 AM- 1:30 PM)



### **REFERRAL INCENTIVE RECIPIENT WINNER**

**Emmanuel Amokwandoh**



Employees or Support Home Operators who refer a person to ICE who successfully meets our hiring requirements and completes their three-month probation with a minimum of 120 hours worked, receive \$100.00!

## November Training

### **Pre-Employment Training**

November 1,7,8,14,15,21,22,28,29 2023

### **Workplace Diversity Training**

November 2, 2023 (9:30 AM- 11:30 AM)

### **Transgender Identity Awareness Training**

November 2, 2023 (1:30 PM- 3:30 PM)

### **Workplace Violence, Bullying and Harassment for Supervisors Training**

November 7, 2023 (1 PM- 3 PM)

### **Communication and Teamwork Training**

November 8, 2023 (1:30 PM- 3:30 PM)

### **Harm Reduction Training**

November 9, 2023 (1:30 PM- 3:30 PM)

### **Abuse Prevention Training**

November 10, 2023 (10 AM- 12 PM)

### **Communication Training: Emotional Intelligence**

November 14, 2023 (1:30 PM- 3:30 PM)

### **Borderline Personality Disorder Training**

November 16, 2023 (9:30 AM- 11:30 AM)

### **HACD Training**

November 20, 2023 (1 PM- 5 PM)

### **Cerebral Palsy/Hypotonia Training**

November 20, 2023 (1:30 PM- 3:30 PM)

### **PBI Training**

November 20, 2023 ( 1:30 PM- 3:30 PM)

### **Documentation and Reporting Practices (Residential) Training**

November 21, 2023 (1:30 PM- 4:30 PM)

### **Communication Training; Psychologically Safe Interactions**

November 23, 2023 (1:30 PM- 3:30 PM)

### **Workplace Inspections Training**

November 24, 2023 (9:30 AM- 4:30 PM)

### **PTSD Training**

November 24, 2023 (9:30 AM- 11:30 AM)

### **Client Lifts and Transfers Training**

November 24, 2023 (1:30 PM- 3:30 PM)

### **Client Scam Prevention Training**

November 30, 2023 (1:30 PM- 3:30 PM)



## **HURT AT WORK?**

Employees and Support Home Operators are reminded of their responsibility



(as per legislation) to report all workplace injuries immediately to an ICE supervisor or manager. In the event of an injury, the employee will follow all agency policies and procedures.

While not all injuries are reportable to WCB, all injuries and work-related health concerns are required to be reported within the company. This is done so that health and safety investigation and follow-up may be completed for the safety of all parties.

## HEALTH AND SAFETY MEETING MINUTES

August 1, 2023

(MINUTES EDITED FOR PUBLICATION)

**3.1 Review of 'Regional Health and Safety Meeting Minutes (sections 3.2 and 3.3).****A) Section 3.2.** Completed Incident Investigations for Injury, Health and Property Damage**Edmonton Meeting Minutes:** No meeting was held in July.**Calgary Meeting Minutes:** No investigations reviewed.**Northwest Meeting Minutes:** No meeting was held in July.**B) Section 3.3 Completed Near Miss Incident Investigations****Edmonton Meeting Minutes:** No meeting was held in July.**Calgary Meeting Minutes: April 3, 2023:** Staff removed smoke detector batteries due to beeping and did not replace them.**Incident Investigation Recommendations:** Staff review policy 3.5.2; 3.5.9; and 3.5.12. Staff attended Promoting Safety training. **Health and Safety Committee:** No additional recommendations.**Northwest Meeting Minutes:** No meeting was held in July.**3.2 Evaluation of completed current Internal Incident Investigations for Injury, Health and Property Damage (South):** No investigations reviewed.**3.3 Evaluation of completed near miss investigations (South):****July 4, 2023-** Client became agitated due to roommate motioning for client to be quiet. Client took staff's hand bringing it to her mouth, but staff was able to remove hand to prevent injury.**Incident Investigation Recommendations:** Staff reviewed client's Positive Approaches and the full orientation process in the program. **HSC Recommendations:** No additional recommendations.**3.5 COR Audit Review:** Reviewed Element 4- Health and Safety Committees/Representatives. Discussed roles, responsibilities and training. Also discussed how we can increase communication as representatives regarding who we are, what we do and the variety of ways that employees can report any Health & Safety concerns they may have to us. The 2023 external COR audit has now been completed.**3.6 Hazard Assessment and Control document (H.A.C.D.):**Reviewed pgs. 111-112 Use of Telephones. **HSC Recommendations:** No additional recommendations. Reviewed pg. 113-114 Testing and/or Changing Batteries on Safety Equipment.**HSC Recommendations:** No additional recommendations. Reviewed pg. 115-116 Responding to a Pandemic. **HSC Recommendations:** No additional recommendations.**Calgary Meeting Minutes:** Reviewed pg. 18 in the Office section, pgs. 2-3 in the Non-Residential section and Appendix A-3. **HSC Recommendations:** Non-Residential section (pgs. 2-3)- change biological hazards to say "potential allergic reactions (i.e., scented products, pet dander, foods etc.). Remove employee immunizations under engineering controls and keep recommended immunizations (i.e., flu shot). Appendix A-3- change misspelling from 'tum' to 'turn.'**Northwest Meeting Minutes:** No meeting in July.**3.7 Policy Review:** Reviewed updated Policy 3.5.1- Health and Safety**3.8 COVID 19 Pandemic Response:** Vaccine bookings can be made using the following link <https://www.albertahealthservices.ca/topics/page17295.aspx> or by calling 811.**3.10 Emergency Response Plan Review:** Review Action Plan Template #11 –Severe Weather-Lightning. **HSC Recommendations:** No additional recommendations.**Next Meeting Date: September 5, 2023 @ 9am****Looking for Answers? Below are some online links you may find of assistance:**<https://www.canada.ca/en/health-canada.html>

Health Canada is responsible for helping Canadians maintain and improve their health. It ensures that high-quality health services are accessible, and works to reduce health risks.

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1001957>

Linking Albertans to a wide range of health information and service options.

<https://work.alberta.ca/occupational-health-safety.html><https://work.alberta.ca/occupational-health-safety/ohs-publications.html#laws>  
<https://work.alberta.ca/occupational-health-safety/resources.html>

Alberta Occupational Health and Safety works in consultation with industry to help prevent work-related injuries, illnesses and fatalities. The OHS site provides access to a wide range of information bulletins and on-line training options.

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1001957>

Stay up to date on the most frequent information on COVID-19 in the province of Alberta.

<http://www.icenterprises.com/>

The ICE website has some important links on the main page for your reference as well as posted job opportunities and access to the ICE Page.

## HEALTH AND SAFETY MEETING MINUTES

September 5, 2023

(MINUTES EDITED FOR PUBLICATION)

**3.1 Review of 'Regional Health and Safety Meeting Minutes (sections 3.2 and 3.3).****A) Section 3.2.** Completed Incident Investigations for Injury, Health and Property Damage

**Edmonton Meeting Minutes: April 11, 2023-** Staff wore fragrance to program causing allergic reaction in other staff. **Incident Investigation Recommendations:** TC to review Exposure to Allergens/Exposure to Personal Scented Products, update to program HACD that program is scent free. Permanent Residential Orientation to be completed with TC. A reminder to be provided to booking staff to review all hazards with staff when scheduling coverage. **HSC Recommendations:** No additional recommendations.

**Calgary Meeting Minutes:** Meeting minutes not available at this time.

**Northwest Meeting Minutes:** No investigations reviewed.

**B) Section 3.3 Completed Near Miss Incident Investigations**

**Edmonton Meeting Minutes:** No investigations reviewed.

**Calgary Meeting Minutes:** Meeting minutes not available at this time.

**Northwest Meeting Minutes:** No investigations reviewed.

**3.2 Evaluation of completed current Internal Incident Investigations for Injury, Health and Property Damage (South):** No incident investigations to be reviewed.

**3.3 Evaluation of completed near-miss investigations (South):** No investigations reviewed.

**3.5 COR Audit Review: Reviewed Element 5- Qualifications, Orientations and Training (sections 5.06 and 5.09).** Discussed using the terminology 'practical demonstrations' more frequently when completing water/med shadows and other training. Completing more consistent report generations for refresher trainings to ensure completion

**3.6 Hazard Assessment and Control document (H.A.C.D.):** South region was assigned review of the General Section (Pages 77-116) for the 2022-2023 meetings. South region has completed the 2022-2023 reviews.

**Edmonton Meeting Minutes:** The Committee reviewed pgs. 19-20. **HSC Recommendations:** No additional recommendations.

**Calgary Meeting Minutes:** Meeting minutes not available for August at this time.

**Northwest Meeting Minutes:** Reviewed pages 69-72. **HSC Recommendations:** No additional recommendations.

**3.7 Policy Review:** Reviewed updated Policy 3.5.10- Hazard Assessment and Control Document

**3.8 COVID 19 Pandemic Response:** Vaccine bookings can be made using the following link <https://www.albertahealthservices.ca/topics/page17295.aspx> or by calling 811.

**3.10 Emergency Response Plan Review:** Review Action Plan Template #21 –Operational Disruptions-Telecommunications. **HSC Recommendations:** No additional recommendations.

**Next Meeting Date: October 3, 2023 @ 9am**



# DON'T FORGET TO FALL BACK.

**AN UPCOMING REMINDER TO  
CHANGE YOUR CLOCKS BACK  
ON NOVEMBER 5, 2023.**



## Get the guidance you've been looking for

Let a health and wealth consultant help you  
find ways to save and reach your goals.

Book a call with a health and wealth consultant, a licensed  
professional, to get support and advice when you have  
questions, like:

- What investments are right for me?
- How much should I contribute to reach my goals?
- How can I get my information online?

Your health and wealth consultant can help you with all these questions and  
more. You can connect with them whenever you need to.

It's all part of your workplace retirement and savings program to help you with  
your financial goals.

Book a call with a  
health and wealth  
consultant



Connect and get started on  
the path to reach your goals in  
every stage of life.

<http://canlife.co/FreedomExperience>

# MESSAGE FROM THE CHIEF OPERATING OFFICER

## 2023 HEALTH & SAFETY COR

### AUDIT UPDATE

#### What is a Certificate of Recognition (COR)?

A COR is awarded to employers who have developed a health and safety program that meets standards established by the Alberta Government and an accredited certifying partner. ICE's certifying partner is the Continuing Care Safety Association, and we are required to complete an audit of ICE's health & safety program each year to maintain our Certificate of Recognition.

#### Why does ICE participate in the COR program?

ICE has a strong focus on ensuring and promoting the health & safety of employees, clients, contractors, and all other parties who are involved in the work we do. We strive to accomplish many things through our COR program participation including but not limited to: minimizing workplace injuries, meeting or exceeding legislative compliance, and improving health & safety culture and participation.



#### Where can I find information about the COR Audit results?

**The results of the COR Audit can be found in any ICE Health & Safety Manual. These manuals are available at all residential and office sites. The COR Audit results are located in Part One – Section 6 under the heading 'Certificate of Recognition (C.O.R) Audit'**

#### Who is involved in the ICE Health & Safety Program?

ICE promotes continuous quality improvement within our health & safety program and engagement from all levels of employees. This includes frontline staff through to the President. Everyone's health & safety is of the utmost importance, and we all are responsible to work in a health and safe manner!

#### How did ICE perform on the 2023 COR audit?

In July 2023, ICE participation in a COR re-certification audit which occurs every three years. An external auditor spent around three weeks completing interviews, documentation reviews and observation tours within three ICE regions (Edmonton, Calgary, Northwest). After the audit was completed, a score was awarded based on the results of reviewing 10 critical elements related to ICE's health & safety program. **We achieved an overall score of 94%**! Even though this is an excellent score, we still have work to do. We will be reviewing the audit and developing an action plan to further strengthen our health & safety program. Watch for health & safety initiative in the coming months!

Congratulations to everyone on our excellent COR performance! All ICE employees should be incredibly proud of how hard we all work to ensure a health & safety workplace. Keep up the great work!

**Hilary Smith**  
**Chief Operating Officer**

# Respiratory Illness

As the weather gets colder, we can guarantee one thing for sure, respiratory illness season will be upon us!

## What is a respiratory illness?

Respiratory illness are diseases caused by organisms such as viruses or bacteria that affect the respiratory system (e.g., lungs and throat). Respiratory illness can include Influenza (flu), COVID 19, Respiratory Syncytial Virus (RSV), Rhinovirus and other viruses that cause the common cold.

## What are some symptoms of respiratory illness?

- Fever and chills
- Sore throat or cough you may bring up mucus or phlegm
- Headache
- Muscle aches
- Breathlessness, tight chest or wheezing
- Feeling tired

Respiratory illness can spread through infected persons sneezing, coughing or even talking. Infection can spread before symptoms even begin.

## How can you prevent respiratory illness?

- Get available vaccines for COVID-19 and Influenza.
- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.

In early October anyone who lives, works, goes to school or visits Alberta can get the influenza immunization for free. Albertans five years of age and older are encouraged to book their vaccinations at a local pharmacy.

To schedule an appointment call 811 or book online at <https://myhealth.alberta.ca/topic/Immunization/Pages/book-appointment.aspx>

## Immunization and Vaccine Facts

VACCINES ARE SAFE AND SAVE LIVES.

### Vaccines work

Immunization (getting a vaccine) is the best way to protect yourself and your community against diseases that vaccines can prevent. Over the past 50 years, immunization using vaccines has saved more lives in Canada than any other treatment, procedure, or policy against disease.

### You cannot get the disease from a vaccine.

Most vaccines are inactivated vaccines. This means they have no living bacteria or viruses in them, so they cannot cause disease. Messenger RNA vaccines (called mRNA vaccines) are a new type of vaccine. Some of the vaccines for COVID-19 are mRNA vaccines. These types of vaccines also do not contain any living bacteria or viruses and cannot cause disease.

### It's safe to get more than one vaccine at the same time.

Giving multiple vaccines at one visit helps to ensure that you are up to date with all the recommended vaccines.

### Healthy diet and lifestyle are not enough to protect against infectious diseases.

Without immunization, your body will not know to make antibodies to fight off diseases. No matter how healthy your diet or lifestyle, without immunization, you're at risk for serious diseases and you are also more likely to spread these diseases to others.

### HOW TO GET A VACCINE:

Use the Alberta Vaccine Booking System.

<https://bookvaccine.alberta.ca/vaccines/>

Contact your local pharmacy directly

See available walk-in clinics near you