

You can help prevent the spread of COVID-19 by following the Alberta government's requirements, including keeping a two metre distance from others while in public, frequent hand washing, proper hygiene, and self-isolating if you've travelled recently outside Canada. More information on this can be found at [www.alberta.ca/covid19](http://www.alberta.ca/covid19).



## Stress and Coping

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Make time to video call and chat with family and friends.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

For more information and resources, reach out to Family and Community Support Services at 780-929-1006.

## What you can do



Stay home if possible



Wash your hands often



Practice physical distancing of 2 metres (or 6 feet) from others



Clean and disinfect frequently touched surfaces



Call your healthcare professional or Health Link at 811 if you have concerns about COVID-19 or if you are sick

## Shopping tips



- 1 Order online and try to get groceries and packages delivered
- 2 If you're a senior, shop during designated senior shopping hours (check store for details)
- 3 Sanitize hands before and after entering the store
- 4 Wipe down handles of grocery carts and baskets
- 5 Use self-checkout if available
- 6 Use plastic bags instead of reusable bags

# COVID-19 INFORMATION

## Updates from the City of Beaumont



### Payment deferrals

Residents and businesses experiencing financial difficulties now have the ability to delay their utility bill and property tax payments.

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#### Water, wastewater and garbage collection bills

Residents can delay paying their city water, wastewater and curbside (garbage) collection bill until September 30, 2020 without penalty or service cut off. Bills will continue to be sent, but residents can choose to delay payment and pay any time before September 30; penalties will be applied beginning on October 1 if payment has not been made.

Customers who are set up for automatic withdrawals and want to defer their payments must cancel their withdrawals at [www.beaumont.ab.ca/210/Payment-Options](http://www.beaumont.ab.ca/210/Payment-Options).

A flexible repayment schedule with the city can also be discussed by emailing [utilities@beaumont.ab.ca](mailto:utilities@beaumont.ab.ca) or calling 780-929-1351.

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#### Property taxes

Homeowners and businesses can also delay paying their property taxes to September 30, 2020 (from June 30, 2020) with no penalty. Penalties will be applied beginning on October 1 if payment has not been made by September 30.

Taxpayers on the monthly property tax plan can choose to withdraw from it by visiting [www.beaumont.ab.ca/210/Payment-Options](http://www.beaumont.ab.ca/210/Payment-Options) and instead pay their remaining taxes in a lump sum by September 30.

For questions, please contact [taxes@beaumont.ab.ca](mailto:taxes@beaumont.ab.ca) or 780-929-3306.

The city's measures complement programs and supports implemented by the government of Alberta and Canada to support people and businesses during the COVID-19 pandemic. Visit [www.alberta.ca/covid19](http://www.alberta.ca/covid19) or call 310-0000 (toll free in Alberta) for more information about supports available through the Alberta government. For details about Government of Canada supports and programs, visit [www.canada.ca/covid19](http://www.canada.ca/covid19) or call 1-800-O-CANADA (1-800-622-6232).



### Facility closures

All city facilities and buildings are closed to the public until **May 31, 2020**. This date is subject to change.

### City of Beaumont Services

Most municipal services continue without disruption.



Garbage collection will be increased to weekly service effective April 6 - July 6, 2020 and street sweeping service will be enhanced.