

# EMPLOYEE GUIDE TO LETHBRIDGE ISOLATION RESOURCES



***BE READY.***



## > TRANSPORTATION TO COVID-19 ASSESSMENT CENTRE

- Complete online assessment at **[alberta.ca/covid19](https://alberta.ca/covid19)**.
  - Once appointment is booked the address will be available.
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## > TAXI SERVICES

**94 CABS** 403-942-5694

**BLACK TIE TAXI** 403-894-0077

**FIFTH AVENUE CABS** 403-381-1111

**A-PLUS TAXI** 403-317-7777

**ROYAL TAXI** 403-328-5333

**BWR TAXI** 403-327-7000

**BDT CABS** 403-381-4444

Some taxi companies will take reservations and will arrive at a specified time.



Traveling to and from the COVID-19 assessment centre is the only time leaving your house is permitted.



## > PHARMACIES THAT DELIVER

### THE MEDICINE SHOPPE

**1016A 20 Street South**

**403-380-3282**

- Online, app, or call store to place order.

### SHOPPERS DRUG MART

**WEST VILLAGE MALL**

**110 Columbia Blvd West**

**403-381-1777**

- Online, app or call store to place order.

### STAFFORD PHARMACY

**Bay 5, 1475 St. Edward Blvd North**

**403-320-6500**

- Call pharmacy direct to place order.

### STOKES PHARMACY

**408 4 Avenue South**

**403-380-3535**

- Call pharmacy direct to place order.



Check websites for store hours and delivery options.



## > COLLEGE WELLNESS RESOURCES

### LETHBRIDGE COLLEGE WELLNESS SERVICES

**403-320-3289**

**wellness.services@lethbridgecollege.ca**

- Contact to secure virtual, over the phone appointments with a doctor or nurse.

### SHEPELL COUNSELLING SERVICES

**1-800-387-4765**

**workhealthlife.com or My EAP app**

- Confidential help for any work, health or life concerns.
- 24/7 assistance program by phone, web or mobile app.
- No cost.



If imminent emergency, please call 911.



## > GROCERY STORES WITH DELIVERY SERVICES

### LONDON ROAD MARKET

**538 13 Street South**

**403-328-1751**

- Delivery fee: \$10.
- Minimum order: No minimum.
- Delivery dates: Every Monday, Wednesday and Friday.
- Same day delivery is available if your order is placed before 2 p.m.

### SAVE-ON-FOODS - WEST LETHBRIDGE

**401 Highlands Blvd West**

**403-381-0362**

- City-wide delivery.
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## > DELIVERY SERVICES (FOR GROCERIES, SUPPLIES, ETC.)

### LEAVE A LIGHT ON DELIVERY

**403-393-6035**

**leavealightondelivery@gmail.com**

- Delivery fee: \$9 city-wide.
- Additional stops: \$3 each.

### SIMPLY DELIVERY

**403-360-3637**

**info@simply.delivery**

- Sign up required.
- Visit **simply.delivery** for details.



## > RESTAURANT/FOOD DELIVERY SERVICES

### SKIP THE DISHES

- Sign up required.
- Check **skipthedishes.com** for details.

### UBER EATS

- Sign up required.
- Check **ubereats.com/ca** for details.

### LSCO MEALS ON WHEELS

**500 11 Street South**

**403-327-7990**

- Brief phone intake interview.
- Accessibility based on income.
- Contactless pre-pay.
- Meals within 24 hours.
- Leave meals on doorstep.



Contact other restaurants directly to see if they offer delivery.



Please contact each company/service directly for information about:

- payment methods (you will not be able to pay in cash/in person)
- how to order/use service
- delivery fees or extra costs
- delivery/service time



## > WELLNESS APPS

### MINDFULNESS APPS (iOS and Android):

- Headspace
- MindShift
- Buddhify
- Stop, Breathe and Think
- Calm

### FREE FITNESS APPS (iOS and Android):

- Nike Training Club
- Daily Workouts Fitness Trainer
- Yoga for Beginners
- MyFitnessPal
- Asana Rebel: Yoga and Fitness



During this time you may feel isolated. We encourage you to reach out to family and friends using video chat.



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