EMPLOYEE GUIDE TO LETHBRIDGE ISOLATION RESOURCES



BE READY.

TRANSPORTATION TO COVID-19 ASSESSMENT CENTRE

- Complete online assessment at alberta.ca/covid19.
- Once appointment is booked the address will be available.

> 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

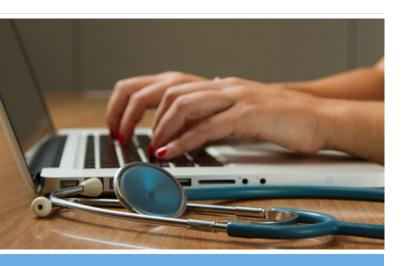
 Contact to secure virtual, over the phone appointments with a doctor or nurse.

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.





> 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.

> DELIVERY SERVICES (FOR GROCERIES, SUPPLIES, ETC.)

LEAVE A LIGHT ON DELIVERY

403-393-6035

leave a light on delivery @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

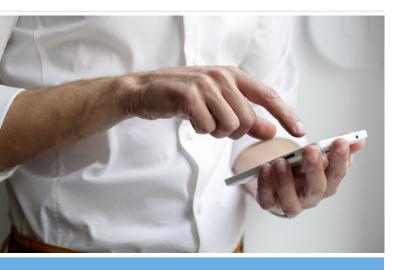
WELLNESS APPS

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. Lethbridge College is not to be responsible for the use of the information provided. The content provided in this document is for informational purposes only. Lethbridge College DOES NOT have any affiliation to any of the companies or their subsidiaries listed in this document and does not endorse any particular company. There may be other companies that offer similar services. Information subject to change at any time.

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