

Hi my name is Helena, I want to put together a message for the teens and everyone else listening. Things are changing so fast with Covid-19 it can be difficult knowing how we should act away from home. But you can make a difference.

We've all heard about the importance of washing our hands and staying home when we're sick. But we can do more. Now is the time to help prevent the spread of Covid-19 and stop our family and friends from getting sick. How can we do that? It's as simple as staying at home, even if you don't feel sick. I know that's difficult to do, especially when going and hanging out with friends is more fun.

Nobody wants to stay home alone on hangout days or the weekend, but remember that we are supposed to stay 2 meters or 6 feet away from others when we are outside of our home.

What if you don't have a large group that you hang out with? What if you just want to get together with a small group or a few friends? Is that ok?

Normally it would be, no one would have any problems with that, but what we know as normal has changed almost overnight. Right now the best thing to do is to stay home as much as possible. We know that staying home and away from others will save lives.

Now the harsh reality is that for the time being, we must all work together to stop the spread of this virus in any way we can. Whether the people in your life take it seriously or not the truth is that Covid-19 is very serious and people are dying not just in other countries but right here in Alberta. We know that the virus spreads very quickly and may not effect young people like you because you're strong and healthy but it can react very differently for older people like your parents, grandparents, aunts and uncles. Anyone who is older or already sick has a higher chance of getting very sick or dying.

The good news is that most people recover from Covid-19 but what if the ones who don't get better are members of your family?

Our parents and grandparents have taken care of us when we're sick and now we can repay them by protecting them. For the first time in our life we can say that we have permission to sit on the couch and eat all day and save lives by doing so.

Are you willing to make a difference and be the person who cares enough to stay at home? Thank you.