



## Vulcan County Regional Emergency Management Partnership

March 19, 2020

### **RE: COVID-19 Update 4**

Vulcan County Regional Emergency Management Partners are continuing to monitor the COVID-19 situation in Alberta. Please note that all Vulcan County Fire Halls are closed to the public until further notice. Vulcan County, the Villages of Champion, Carmangay, Lomond, Milo, and Arrowwood Offices are also closed to the public, however business operations are continuing. While the Town of Vulcan office remains open, we are urging the public whom have questions to use the websites or a telephone as most questions could be answered this way. With increasing numbers of confirmed cases throughout Alberta, we want to stress the importance of following proper personal hygiene and cleaning processes. Please follow these [guidelines](#) and watch your municipal websites for further updates.

### **Social Distancing**

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

### **What does Social Distancing Mean?**

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

### **Here's how you can practice social distancing**

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family



If possible,

- use food delivery services or online shopping
- exercise at home or outside
- work from home

Remember to

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

If you are concerned you may have COVID-19

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if you are ill and seeking medical attention.

Identifying and isolating people infected with COVID-19 is the only way to stop the spread.

The symptoms of COVID-19 are fever, dry cough or other cold or influenza-like symptoms. Use this [online screening tool](#) to determine whether you need to call 811 to get tested.

If you are awaiting COVID-19 test results, please do not call Health Link. You will be called directly. It can take up to four days.

All Albertans are still encouraged to visit [alberta.ca/COVID19](https://www.alberta.ca/COVID19) for the latest information, guidance and resources.

Above information sourced from:

<https://www.alberta.ca/release.cfm?xID=6980324A5B1B0-BC2C-40A8-A6AD9E30E3189425>

Nels Petersen

A handwritten signature in black ink, appearing to read 'Nels Petersen'.

Regional Director of Emergency Management  
Vulcan County Regional Emergency Management Partnership