



## Vulcan County Regional Emergency Management Partnership (VCREMP)

September 23, 2020

### **RE: COVID-19 Update 78 (RED text indicates web link & New Information in BLUE)**

Vulcan County Regional Emergency Management Partners are continuing to monitor the COVID-19 situation in Alberta. The latest Government of Alberta media releases can be found at <https://www.alberta.ca/news.aspx>

**While Municipal Offices and Operations within the region remain open, we are urging the public to use municipal websites, email and telephone to answer their inquiries.** Vulcan County Protective Services is open by appointment only. Fire Halls are closed to the public until further notice.

#### COVID Numbers within Vulcan County are as follows:

- 1 Active Case(s)
- 60 Recovered
- 3 Fatalities

With the number of active cases within the Vulcan County Region, we are now listed under the **"OPEN"** category.

As cases have now been confirmed within the Vulcan County region, it is imperative to follow proper personal hygiene and cleaning practices. Please follow these [guidelines](#) and watch your municipal websites for further updates.

[Active cases within the Province](#) now stand at 1,520. Testing has been completed on 950,201 people, accounting for 1,242,263 total tests. The interactive Provincial map can be found [here](#).

Everyone, even persons not exhibiting symptoms or requiring mandatory self-isolation, is strongly encouraged to limit outings to a minimum, [observe social distancing](#) and avoid touching your face without first washing your hands.

**With the confirmation of a confirmed cases within our region, please remain vigilant in the practices that have been established.** Please ensure you are taking the proper precautions.

#### **What YOU can do to HELP:**

- Wear a mask in public
- Download/Use the ABTraceTogether App
- Wash hands often
- Use gloves properly if you choose to wear them
- Cover coughs and sneezes with tissue or your elbow
- Avoid touching your face
- Avoid travel outside of Canada
- Watch for COVID-19 symptoms
- GET TESTED IF YOU FEEL SICK



### Cohort groups

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 metres apart.

A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick, and makes it easier to track exposure if someone does get sick.

You should only belong to one core cohort. It is safest limit the number of other cohorts you belong to reduce the risk of getting sick or spreading COVID-19.

### How to Expand your Cohort

- look at your everyday life and include people who make the most sense for you and your household
- start slow, don't feel pressured to expand a cohort until you feel confident it's safe
- stay with those in your local community or neighbourhood to reduce geographic spread
- get an agreement and commitment from everyone to keep the core cohort safe

### Testing

Any person who wants to be tested can now be tested, even if they don't have symptoms.

The following groups will continue to receive priority for testing:

- any person exhibiting any symptom of COVID-19
- all close contacts of confirmed COVID-19 cases
- all workers and/or residents at specific outbreak sites
- all workers and residents at long-term care and level 4 supportive living facilities
- all patients admitted to continuing care or transferred between continuing care and hospital settings

### Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811.

If you have symptoms or known exposure to COVID-19, you must stay home and book your test with AHS. You can visit [Alberta Health Services](#) to book a COVID-19 test.

### Visit a participating pharmacy

Pharmacies can now choose to provide testing to people who have no symptoms and no known exposure to COVID-19.

Contact a participating pharmacy to arrange a test. To see if your local pharmacy offers testing, visit [Alberta Blue Cross](#)

### Access your results online

Albertans 14 years old or older can access test results online through [MyHealth Records](#), a secure Alberta government service that helps keep track of your health information.

You will need to sign up for a [MyAlberta Digital ID](#) to use this service.

### Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any these symptoms you are legally required to isolate for at least 10 days from the start of your



symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

### Assess your risk

Some people have a higher risk of experiencing severe health outcomes, including hospitalization, intensive care or death.

VCREMP has put together [a series of videos on COVID-19](#) related themes:

- [Tips for Wearing Masks](#)
- [Tips for Washing Hands and Surfaces](#)
- [Tips on Public Distancing, Touching Your Face and Wearing Gloves](#)
- [When to See the Doctor](#)
- [Protect Our Communities](#)
- [Here for You](#)

### Provincial Measures and Indicators of COVID-19 Regional Risks

There are two indicators the Province is using as measures on how regions are doing, with three classifications:

#### **Open**

- low level of risk, no additional restrictions in place
- less than 50 active cases per 100,000

#### **Watch**

- the province is monitoring the risk and discussing with local government(s) and other community leaders the possible need for additional health measures
- at least 10 active cases and more than 50 active cases per 100,000

#### **Enhanced**

- risk levels require enhanced public health measures to control the spread
- informed by local context

### 811 Health Link



Once again, people experiencing 7 symptoms are to take the **online** self-assessment.  
As a further reminder, **811-health link is for those who are feeling ill and seeking advice.**

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Mental Health Help Line at 1-877-303-2643
- Addiction Help Line at 1-866-332-2322

Above information sourced from: <https://www.alberta.ca/coronavirus-info-for-albertans>

Sincerely,

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