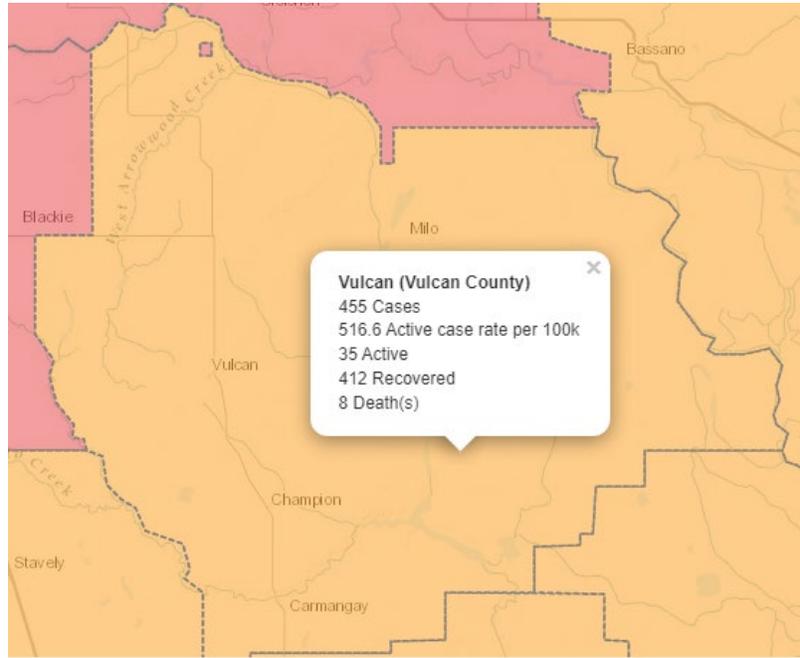
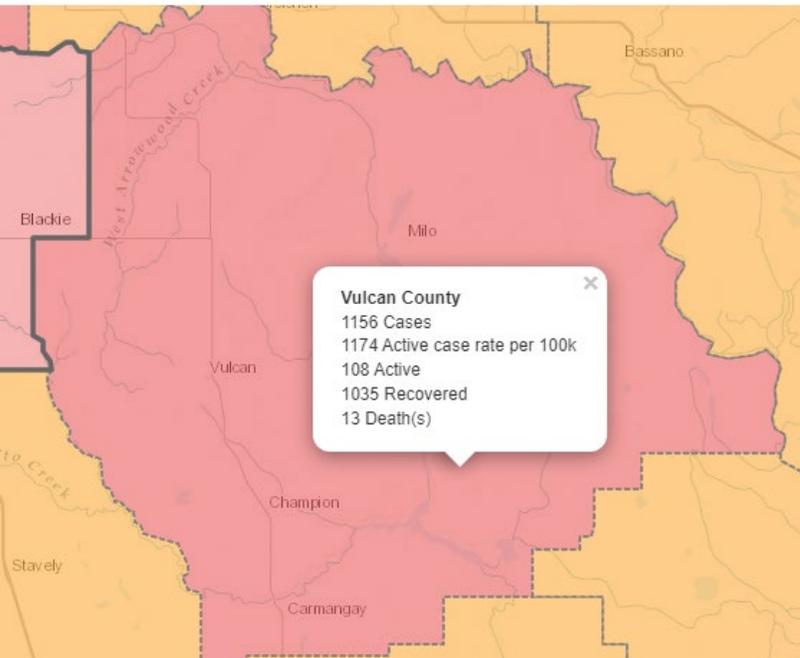


Vulcan County Regional Emergency Management Partnership (VCREMP)

January 6, 2022

RE: COVID-19 Update 117 ([BLUE](#) indicates web link)

IMPORTANT UPDATE FOR IMMEDIATE RELEASE



COVID Numbers within Vulcan County are as follows:

- There are currently one hundred-eight (108) Active Cases within the region;
- Thirty-five (35) are within the borders of Vulcan County.

[Active Cases in Alberta](#) now stand at 37,196 as of end of day January 4, 2022. There have been 343,597 recoveries since the start of the pandemic.

As we have seen a recent rise in Covid-19 cases with the area, we remind residents to follow proper personal hygiene and cleaning practices as outlined in these [guidelines](#).

COVID-19 Isolation and Quarantine Information

Overview

Isolation helps prevent the spread of COVID-19 by reducing the number of people you could infect if you [have symptoms or test positive](#) by staying home and avoiding others. Effective January 3, Albertans are legally required to isolate as outlined below:

- Fully vaccinated (2 doses or 1 dose Janssen): Isolate for 5 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition. For 5 days following isolation, wear a mask at all times when around others outside of home.
- Not fully vaccinated (1 dose or less): Isolate for 10 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition.
- If you test negative and have symptoms, you should still stay home and away from others until symptoms resolve.

Quarantine limits potential spread from people who have been exposed to COVID-19 but have not yet developed symptoms or tested positive.

- Close contacts of positive cases are no longer required to quarantine for 14 days.
- [Federal border measures](#) still apply for all international travellers entering Canada.



Mandatory Restrictions

These restrictions must be followed if you are in mandatory isolation or quarantine.

- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
- Do not take public transportation like buses, taxis or ride-sharing - this is prohibited.
- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory isolation or quarantine.
- Do not use elevators or stairwells if you live in an apartment building or highrise, you must stay inside your unit. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.
- Get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.

This directive is consistent with federal requirements under the *Quarantine Act*.

Isolation Requirements

Albertans with Core Symptoms

The mandatory isolation period for people with [core symptoms](#) that are not related to a pre-existing illness or health condition is:

- Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
- Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.
- If a person tests negative, they should still stay home and away from others until symptoms resolve.

Adults over 18 core symptoms

- cough
- fever
- shortness of breath
- runny nose
- sore throat
- loss of taste or smell

Children under 18 core symptoms

- cough
- fever
- shortness of breath or difficulty breathing
- loss of sense of taste or smell

Children under 18 with just one of either a runny nose or sore throat are not legally required to isolate but should stay home until well.

Tested Positive for COVID-19

Isolation period

- Fully vaccinated (2 doses or 1 dose Janssen): isolate for 5 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing illness or health condition. For 5 days following isolation, wear a mask at all times when around others outside of home.
- Not fully vaccinated (1 dose or less): isolate for 10 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing illness or health condition.
- If you test negative and have symptoms, you should still stay home and away from others until symptoms resolve.

Return to work or school

- Proof of a negative COVID-19 test and/or a medical note is not required to return to school, work or activities once the isolation period is complete.



Close Contact or Household Contact of a Confirmed Case

You are no longer legally required to quarantine if you are a close contact of someone who has tested positive for COVID-19 but should follow the recommendations below:

Household close contacts

If you are a household contact of a positive case and you are not fully vaccinated, you should:

- stay home for 14 days (i.e. not attend work, school or other activities)
- monitor for symptoms - if they develop, isolate immediately and [get tested](#)

Other close contacts

If you have been exposed to COVID-19 by someone outside of your household, you should:

- avoid high-risk locations such as continuing care facilities and crowded indoor spaces
- monitor for symptoms - if they develop, isolate immediately and [get tested](#)

International Travellers

- [Federal border measures and quarantine laws](#) still apply for all international travellers entering Canada.
- If you become sick with a [known COVID-19 symptom](#), you must **isolate for 10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer.

Education System Update

Alberta Students from Kindergarten to Grade 12 will return to classrooms on January 10 with the [following measures](#):

- At-home rapid test kits and medical-grade masks will be distributed in phases, with shipments being sent to schools as they are received by the province. All schools will have their initial shipments by January 14th.
- Online tutoring will be available for students from grades 4-9 to catch up on important skills and learning.
- Shifts to at-home learning will continue to be dealt with on a case-by-case basis

811 Health Link

Once again, people experiencing 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.aspx>

Sincerely,

Nels Petersen

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