



COVID-19 Update  
March 19, 2020  
13:00

Pincher Creek Regional Emergency Management Organization (PCREMO) continues monitoring the COVID-19 pandemic.

### Hospital Visitor Restrictions

Further steps to restrict visitors to hospitals, including the following:

- Only one visitor per patient per day
- All visitors will need to be completely symptom free
- Children will be restricted from visiting (exceptions will be reviewed and approved by unit manager or nursing staff)
- Visitors cannot visit if they are on self-isolation for COVID-19 or because they are being tested for COVID-19

If a visitor tested positive for COVID-19, they should be isolating at home and cannot visit until they have clearance from medical officials.

All Albertans are encouraged to take personal steps to help prevent the spread. To protect yourself and others:

- stay home and away from others if sick or in isolation
- wash hands often, using soap and water for at least twenty seconds
- cover coughs and sneezes
- avoid touching face with unwashed hands
- self-isolate for 14 days if returning from travel outside Canada or were exposed to COVID-19
- Social distancing standards are that individuals maintain a spacing of 2 meters apart.

More info on hospital visitation here:

<https://www.albertahealthservices.ca/topics/Page17001.aspx#hospital>

For recommendations on protecting yourself and your community, visit

[www.alberta.ca/COVID19](http://www.alberta.ca/COVID19)