



COVID-19 Update
March 20, 2020
11:30 a.m.

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

Please be mindful of your neighbors, especially if they may not utilize social media and may not be receiving frequent updates. Call and ensure they are aware of the changes.

The Alberta Government has asked that pharmacies limit patients to a 30-day fill of their medication. This is to help combat any potential of drug shortages. Please work with our local pharmacies so that everyone in our community has access to their medication.

We would like to encourage our community to practice social distancing recommendations. Social distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce the risk of getting sick.

This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.

To protect yourself and others:

- keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs
- limit the number of times you leave your home for errands
- try to shop at less busy times
- have groceries or other items delivered if possible
- go for a walk in your neighborhood or park while maintaining distance from others
- follow Alberta's recommendations on mass gatherings
- wash or sanitize your hands after touching communal surfaces

For recommendations on protecting yourself and your community, visit www.alberta.ca/COVID19