



COVID-19 Update  
March 30, 2020 17:00

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

For current numbers in Alberta visit the COVID19 page for geospatial numbers:  
<https://covid19stats.alberta.ca/>

## **Mandatory self-isolation**

### **Travellers and close contacts of confirmed cases**

You are legally required to self-isolate for 14 days if you:

- returned from travel outside of Canada after March 12, or
- are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact, or comes into direct contact with infectious body fluids)

If you become sick during this time, you must self-isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

### **Albertans with symptoms**

You are legally required to self-isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition. You must follow these requirements regardless of whether you have been tested for COVID-19.

Self-isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

### **Albertans who test positive for COVID-19**

You are legally required to self-isolate for a minimum of 10 days if you have tested positive for COVID-19.

Self-isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

## **How to self-isolate**

### **If you need to self-isolate, follow these steps:**

- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Don't take public transportation like buses, taxis or ride-sharing, where possible.
- Watch for symptoms in yourself or a family member.

### **If you are in mandatory self-isolation:**

- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or highrise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.

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

For additional information on self-isolating please go to <https://www.alberta.ca/self-isolation.aspx>

If you have concerns about your health:

- take the COVID-19 self-assessment
- call Health Link 811 for further instructions if directed by the self-assessment tool
- do not go to an ER or the associate clinic – if you need immediate medical attention, call 911 and inform them you may have COVID-19

Chief Medical Officer of Health, Dr. Hinshaw recommended in the video update on COVID-19 on March 30 at 4:30 p.m. that Albertans not go to seasonal remote homes or cottages to self-isolate as access to resources may be limited.

For further travel related advice or information on self-isolation, please refer to the Alberta Health Website: <https://www.alberta.ca/covid-19-travel-advice.aspx>

For assistance please use the local COVID-19 call in line for the Pincher Creek and area at, toll free 1 855 627 5365. This allows PCREMO members to actively monitor the needs of our community.

Please continue to follow recommended practices and behaviors for the mutual benefit of the entire community. For the latest information for Albertans on COVID-19, including updates on government actions, visit [alberta.ca/covid19/](https://www.alberta.ca/covid19/)