



COVID-19 Update
April 27, 2020 16:30

Pincher Creek Regional Emergency Management Organization (PCREMO) continues actively monitoring the COVID-19 pandemic and providing daily updates.

With the nicer weather coming, unless you are isolating or experience symptoms of COVID-19, AHS reminds people that they don't need to stay indoors at all times. This can be done as long as they follow protective measures such as:

- Keep at least 6 feet from others when outdoors visiting with people that aren't in your household
- Each individual bring their own meals, specifically buffet style meals shouldn't be provided
- Go for a walk in your neighborhood or park while maintaining distance from others
- Plan your activity in advance to ensure physical distancing is possible. If your activity involves a public place:
 - consider going during non-peak hours
 - walk along the sides of trails and other public pathways to maintain distance
- Practice good hygiene:
 - wash your hands frequently
 - refrain from touching your face with unclean hands
 - carry and use hand sanitizer
- Wear a mask in public places to help limit the risk of spread to others if you will be within 2 metres of people other than members of your own household.

Continue to follow recommended practices and behaviors for the mutual benefit of the entire community. Please ensure you are receiving your information from trusted sources. For the latest information for Albertans on COVID-19, including updates on government actions, visit alberta.ca/covid19/

If you feel a group or business is not abiding by the current rules, you can submit a complaint to AHS and a public health inspector will look into it. Please call 1-833-415-9179 or visit this site to submit a complaint: <https://ephisahs.microsoftcrmportals.com/create-case/>