



COVID-19 Update  
April 7, 2020 17:00

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

All Albertans (adults and children) are asked to practice physical distancing to help stop the spread of COVID-19.

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
- Order online to have groceries or other items delivered if possible
- Go for a walk in your neighborhood or park while maintaining distance from others
- Wash or sanitize your hands after touching communal surfaces

Events with more than 15 attendees are cancelled, this includes large sporting events, conferences and community events, as well as worship gatherings and family events.

Chief Medical Officer of Health announced that effective immediately, no visitors will be permitted to visit residents in Long-term Care, Supportive Living, Congregate Living and Hospice Care Settings in Alberta. Likewise, AHS is restricting all visitors to AHS Acute Care (hospital) facilities.

Medical masks and respirators must be kept for health-care workers and others providing direct care to COVID-19 patients. Those who choose to wear a non-medical face mask should:

- continue to follow all other public health guidance
- wash their hands immediately before putting it on and immediately after taking it off (in addition to practising good hand hygiene while wearing it)
- ensure it fits well (non-gaping)
- not share it with others
- avoid touching the mask while wearing it
- change masks as soon they get damp or soiled

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/](https://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. Visit this site to submit a complaint: <https://ephisahs.microsoftcrmportals.com/create-case/>