



COVID-19 Update
April 8, 2020 16:30

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

The NEW phone number for the Pincher Creek Food Bank is 403-632-6716.

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

Please stay at home this Easter long weekend

Recommendations to help prevent the spread on COVID-19 over the Easter weekend

- Host virtual Easter with friends and family.
- Family gatherings should be restricted to people in the same household.
- Do not attend an Easter family gathering if you have Cold or COVID-19 like symptoms.
- Wash your hands well and often.
- Limit your time in the grocery store and try not prepare an overly elaborate meal
- Gatherings should only take place if there is enough space to promote 2m physical distancing
- Do virtual Easter Egg hunts for children
- Weather permitting, spend time outdoors to promote physical distancing
- Eliminate activities within gatherings that could promote disease transmission (e.g. singing, hand shaking, sharing food or beverages, buffet-style meals)
- Stagger the time of arrivals and departures from gatherings
- Increase the frequency of cleaning of surfaces that are touched often
- Promote personal protective practices (coughing and sneezing etiquette, hand hygiene)

For more information on how to help prevent the spread of Covid-19 visit:

<https://www.alberta.ca/prevent-the-spread.aspx>

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://www.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.microsoftcrmpportals.com/create-case/>