



COVID-19 Update
May 4, 2020 16:30

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

Alberta has expanded access to laboratory tests to better trace the spread of COVID-19. Testing is now available to:

- any person exhibiting symptoms of COVID-19
- asymptomatic close contacts of confirmed COVID-19 cases
- asymptomatic workers and residents at outbreak sites

Symptoms of COVID-19 can include:

- Fever*
- Cough (new cough or worsening chronic cough)*
- Shortness of breath or difficulty breathing (new or worsening)*
- Runny nose*
- Stuffy nose
- Sore throat*
- Painful swallowing
- Headache
- Chills
- Muscle or joint aches
- Feeling unwell in general, or new fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

If you have any symptom of COVID-19 or meet any of the asymptomatic testing criteria, complete the self-assessment form or call Health Link 811 (you don't need to do both).

- [COVID-19 self-assessment for Albertans](#), or the
- [COVID-19 self-assessment for healthcare and shelter workers, enforcement personnel and first responders](#)

Alberta Health has advised that GOA guidance or questions on re-opening or lifting of restrictions including risk mitigation can be directly sent to BizConnect@gov.ab.ca

A plan to move forward with incremental steps to re-open some businesses and services has been announced. The plan to move forward requires careful and ongoing monitoring and respecting all guidelines outlined by the chief medical officer of health. For complete details on Alberta's Relaunch Strategy see <https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Continue to follow recommended practices and behaviors for the mutual benefit of the entire community. To help protect you and your family against all respiratory illnesses, including flu and COVID-19, you should:

- Practice physical distancing
- Wash hands often with soap and water for at least 20 seconds
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching your face with unwashed hands
- Avoid travel outside Canada
- Watch for COVID-19 symptoms: cough, fever, shortness of breath, runny nose or sore throat

Please ensure you are receiving your information from trusted sources. For the latest news 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/>