



COVID-19 Update
May 6, 2020 16:30

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

It is important that our community stays vigilant in our efforts to prevent the spread of COVID19.

You have a responsibility to help prevent the spread and to take steps to protect yourself, our community and others:

- practice physical distancing
- practice good hygiene: wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching face
- monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat
- self-isolate for the legally-required 10 days if you have any symptoms that are not related to a pre-existing illness or medical condition
- take the COVID-19 self-assessment if you're concerned about your health

Alberta's plan to move forward with the re-launch strategy requires careful monitoring and respecting all guidelines outlined by the chief medical officer of health. Each stage of relaunch will depend on the ability to keep infection numbers low. Health measures that are being watched include hospitalizations and Intensive Care Unit (ICU) occupancy.

All workplaces are expected to develop and implement policies and procedures to address COVID-19 prior to re-opening or continuing operations, for more info please refer to the guidance documents available at <https://www.alberta.ca/alberta-relaunch-strategy.aspx#guidance>

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/>