COVID-19 Update
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Pincher Creek Regional Emergency Management Organization continues to monitor the COVID-19 pandemic. Updates directly to our community will only be provided if the local situation changes.

All Albertans have a responsibility to help prevent the spread. Take steps to protect yourself and others:

- practice physical distancing and wear a mask in public
- 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 to access testing

There is an online COVID-19 status map that shows the level of risk in regions and information about local health measures. It also shows the rate of COVID-19 cases and the number of active cases. It can be found online at: https://www.alberta.ca/maps/covid-19-status-map.htm

Alberta Health Services suggests individuals get tested even if they have no symptoms, testing broadly helps understand where we have cases and if we need to take additional measures in a regional area, or make changes to our relaunch strategy. Booking a test is easily done online at www.alberta.ca/covid or if you have a disability that might make it difficult to go for testing, please call 811 to find out more about other options to access testing.

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/

Pincher Creek Regional Emergency Management Organization
1-855-627-5365