COVID-19 Update
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The Pincher Creek region, which includes the MD of Pincher Creek and the hamlets within their boundaries, the Town of Pincher Creek, Village of Cowley and Piikani Nation, currently have **6 confirmed active cases of COVID-19**.

Pincher Creek Regional Emergency Management Organization (PCREMO) continues to actively monitor the COVID-19 pandemic and will provide updates on a daily basis. The priority for PCREMO is life safety. PCREMO is working closely with Alberta Health Services, municipal leaders, first responders and organizations affected by the pandemic for a coordinated response to issues as they arise.

How can I protect myself and my community:
It is the responsibility of all residents to do you part to help prevent the spread of COVID-19 and take steps to protect themselves and others:

- if you are feeling ill, please stay at home
- practice physical distancing (a hockey stick apart)
- wear a mask when physical distancing is not possible
- 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

What is the process when a case is confirmed?
When a case of COVID-19 is confirmed by lab testing, Alberta Health Services (AHS) Public Health team contacts the individual and provides them with direction to isolate. Public Health also works with the individual to determine who they have been in contact with since their symptoms started.

•   AHS then directly contacts any individual considered exposed to confirmed cases. These individuals are asked to self-isolate and be tested for COVID-19. This is called contact tracing, and is done in response to each case of COVID-19 we confirm by lab testing.

• Only those individuals contacted directly by AHS are considered exposed to any case. If you are not contacted directly by AHS, you are not considered exposed.

• To protect patient privacy, no patient details are provided about the patient with a confirmed case of COVID-19.

• If you are known to have been exposed to a confirmed case of COVID-19, you will be contacted directly by AHS.

Where can I get information on confirmed cases:
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 This map is typically updated at approximately 4 p.m. Monday through Friday.

What do I do if I am not feeling well?
If you have symptoms such as fever, cough and difficulty breathing, and have travelled outside Canada or have been exposed to someone who has covid-19 stay home and call healthlink 811. If you are unsure if you are displaying symptoms of COVID-19, or not, Alberta Health Services has developed a self-assessment tool to help you determine whether your symptoms could be related to COVID-19. Consider completing the self-assessment online prior to calling 811. You can access the self-assessment by clicking this link:
https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx

Medical Emergencies (911)
911 should only be used for emergencies requiring assistance from police, fire or ambulance. If you have any COVID-19 symptoms and are having a medical emergency, please inform them of your symptoms when calling 911. You will still receive the same emergency care from your paramedics. By telling 911 when you call, it ensures that you will get the care you need without putting others at risk.

Can I get tested?
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.

Where can I find more information?
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 or or you believe someone is not self-isolating when required to do so, 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/