



COVID-19 Update  
July 20, 2020 16:00

Pincher Creek Regional Emergency Management (PCREMO) is continuing to actively monitor the COVID-19 pandemic and are in regular contact with AHS, as well as provincial emergency management planners.

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 12 confirmed active cases of COVID-19, as well as 2 recovered. This means that our area is still under “watch” designation.

Currently we are 1 of 13 other regions with this designation. To view the interactive map of regional classifications, visit [www.alberta.ca/maps/covid-19-status-map](http://www.alberta.ca/maps/covid-19-status-map) At this time there are no immediate changes being recommended.

Please remember to be kind to each other, we do not want to stigmatize others as people who are afraid may be less likely to get tested. Our language and actions can hurt others.

Be accountable for helping prevent the spread of COVID-19. Take precautions to protect yourself and others:

- If you are feeling ill, 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

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](http://alberta.ca/covid19)

If you feel a group or business is not abiding by the current rules 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.microsoftportals.com/create-case>