



COVID-19 Update  
July 22, 2020 16:00

The Pincher Creek region remains in the "watch" designation with 12 confirmed active case. 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)

PCREMO encourages people to wear non-medical masks in public when it's difficult to maintain physical distancing of 2 meters at all times. When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing, physical (social) distancing and staying home when you are sick. It hasn't been proven that masks protect the person wearing it, but it can help protect people from being exposed to your germs.

When to use a mask:

- When it's difficult to maintain 2 meters distance from people for a prolonged period of time:
  - public transit and airplanes
  - grocery stores and pharmacies
  - hair salons and barbershops
  - some retail stores

When not to use a mask:

- If it's dirty or damaged in any way
- If it gaps or doesn't fit well
- If it's been used by another person
- Children under 2 years of age
- Anyone that has trouble breathing
- When you are only with people from your own household

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.microsoftcrmportals.com/create-case>