



COVID-19 Update
July 23, 2020 16:30

The Pincher Creek region remains in the "watch" designation with 12 confirmed active cases, 5 recovered for a total of 17 cases. It is important to note that our Pincher Creek regional cases continue to rise, the guidance below is not an optional suggestion.

Today, Dr. Hinshaw, the Chief Medical Officer for Alberta in her update to Albertans shared that she is very concerned with the rise in numbers and the increase should be a wake-up call to all Albertans. PCREMO recommends watching the announcement today as Dr. Hinshaw encourages all Albertans to take steps to help prevent the spread of COVID-19. Watch Dr. Hinshaw's update here: <https://bit.ly/3hsYDpJ>

Businesses are reminded that guidance documents are located on www.alberta.ca/bizconnect. These documents should be used to comply with public health measures and workplace guidance to reduce the risk of COVID-19 among staff and customers.

PCREMO encourages the use of non-medical masks in public when it's difficult to maintain a physical distance of 2 meters. 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.

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

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>