



COVID-19 Update  
July 30, 2020 16:30

The Pincher Creek Regional Emergency Management Organization (PCREMO) continues to actively monitor the COVID-19 pandemic. Future updates from PCREMO will be communicated when any significant changes occur regarding the pandemic, for example, a significant increase in numbers or changes in government actions. 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](https://www.alberta.ca/covid19)

To view the interactive map of regional classifications, and statistics visit <https://www.alberta.ca/stats/covid-19-alberta-statistics.htm>

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

- keep at least 2 meters (about the length of a hockey stick) distance from people outside your household or cohort family
- limit the number of times you leave your home for errands
- try to have only one person in the household do the shopping
- try to shop at less busy times
- avoid overcrowding in elevators or other enclosed spaces
- wash or sanitize your hands after touching communal surfaces
- wear a mask in public when distancing is not possible
- download and use the ABTraceTogether mobile contact tracing app while out in public
- wash hands often with soap and water for at least 20 seconds or use hand sanitizer
- use gloves properly if you choose to wear them (they are not necessary)
- cover coughs and sneezes with a tissue or your elbow
- avoid touching your face with unwashed hands

You should get tested if you have any COVID-19 symptom. If you have any these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

For more information on testing, visit <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Every COVID positive case is followed up directly by AHS. These clients will be contacted by the Communicable Disease Control (CDC) team and information regarding those client's close contacts will be gathered and followed up confidentially by the team. CDC follows stringent guidelines to determine who is an identified close contact. Clients who have a positive test are not expected to do their own contact tracing and are discouraged from doing this as many factors influence who, in fact, is considered to be a close contact. If you have not been contacted by AHS you are not considered to be a close contact of a positive COVID case.

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>