

Coronavirus (COVID-19) Information – Wednesday March 11, 2020 – to be updated as warranted

The places you live, the M.D. of Smoky River, towns of Falher & McLennan, villages of Donnelly and Girouxville in coordination with the Smoky Region Emergency Services are closely following the lead from the Province on the issue of the Coronavirus (COVID-19), and we thought it would be a good idea to share some concise and clear information.

In Alberta, over 2,000 individuals have been tested for COVID-19 to date, 19 persons have tested positive, we are still at extremely low levels of infection and we should be in a “business as usual” mind-frame.

The 19 positive Alberta cases are in Edmonton & Calgary, all were related to travel outside of Canada.

The most likely method of spread of COVID-19 into our region will be from someone who is returning from traveling outside Canada, so for those travelers returning to the area:

- **If you, or a person you travelled with experiences [COVID-19 symptoms](#) within 14 days of arriving, stay at home (self-isolate) and call 811 and follow their instructions**
- Symptoms can include: Fever, Cough, Difficulty breathing

To protect yourself and to help prevent possible spread of COVID-19, as well as the flu and common cold:

- Wash your hands often and well
- Avoid touching your face, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Clean and disinfect surfaces that are frequently touched
- Stay at home and away from others if you are feeling ill
- When sick, cover your cough and sneezes and then wash your hands
- Avoid unnecessary contact, bump elbows instead of hugging, bumping fists or shaking hands, especially with people who have recently travelled outside of Canada

There have been a number of reports (even locally) of people stock piling toilet paper and water. These steps are currently unnecessary, and only lead to increased fear and confusion.

It is always an excellent idea to have an Emergency Kit in your house to allow self-sufficiency for a minimum of 72 hours. At minimum a household should always have a 3-day supply of water and non-perishable food on-hand. Follow this “[Build an emergency kit](#)” link for more information.

Further information and updates on COVID-19 can be found at the Alberta Health Services website: <https://www.albertahealthservices.ca/topics/Page16944.aspx>