



## TOWN OF MCLENNAN

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### **Coronavirus (COVID-19) Information – Monday March 30, 2020 – to be updated as warranted ALBERTA HAS DECLARED A STATE OF PUBLIC HEALTH EMERGENCY**

The M.D. of Smoky River, Towns of Falher & McLennan, Villages of Donnelly & 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). We would like to ensure clear and concise information is available.

Alberta still has relatively few cases and appears to be doing an excellent job of testing. COVID-19 has been confirmed in the Region, which means community transmission is possible. In addition, the potential for introduction by someone who is returning from travel outside Canada still exists. **Alberta has implemented:**

- **Planned gatherings with more than 15 people must be cancelled, [see all business and gathering restrictions here](#)**
- **Mandatory 14-day [self-isolation for returning international travelers](#) or close contacts of people with confirmed COVID-19.**
- **Mandatory 10-day [self-isolation for people with symptoms](#) that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat.**
- **If you, or a person you are responsible for experiences [COVID-19 symptoms](#) you must self-isolate for at least 10 days.**
- **For information take the [COVID-19 Self-Assessment](#) and if necessary call 811 and follow their instructions**
- If you are unable to get through to 811, try calling very late or very early
- Symptoms can include: Fever, Cough, Difficulty breathing

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

- Wash your hands often and well, use sanitizer whenever possible
- 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
- Cover your cough and sneezes and then wash your hands
- Avoid unnecessary contact; bump elbows instead of hugging, bumping fists or shaking hands
- If you must go out in public, keep your distance – stay 2 metres from other people whenever possible

**The main reason for these restrictions is to slow the spread of Covid-19. By slowing the spread, it means fewer people will be sick and require treatment at the same time. Our health care system and professionals could easily become overwhelmed if too many people become sick all at once. Even a person who feels healthy with no symptoms can be a carrier and be spreading Covid-19. That is why physical distancing, avoiding crowds and avoiding any unnecessary contact is so important. Do your part, stay home if you do not need to be out. Do not go to stores unnecessarily; let those who have to go have their space. Work from home if that is an option. Slow the spread, flatten the curve.**

For families with children, this is a link to "[COVIBOOK](#)", a children's story, which we have approval from the author for distribution. The link will take you to a web page explaining about the purpose behind the book and download options for this free (pdf) book in 21 languages. This book may assist with the fear and anxiety of many of our families, particularly those with children under the age of 7.

To view up-to-date information and statistics on COVID-19 in Alberta please visit the Government of Alberta Website: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

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.

Links:

Symptoms: <https://www.albertahealthservices.ca/topics/Page16997.aspx#sign>

Build an Emergency Kit: <https://www.alberta.ca/build-an-emergency-kit.aspx>

Covid-19 Self-Assessment: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Self-Isolation: <https://www.alberta.ca/self-isolation.aspx>

Mass gatherings and business restrictions <https://www.alberta.ca/restrictions-on-gatherings-and-businesses.aspx>

Children's COVIBOOK: <https://www.mindheart.co/descargables>