

Coronavirus (COVID-19) Information – Monday March 16, 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). We would like to ensure clear and concise information is available.

In Alberta, almost 9,000 people have been tested for COVID-19 to date, 56 people have tested positive, the Province is still at extremely low levels of infection.

The 56 positive Alberta cases are in Edmonton & Calgary, most were related to travel outside of Canada, 2 of the recently identified cases appear to have come from community spread. Seven cases stem from a single gathering that took place in the Calgary area.

COVID-19 will most likely spread into our region with someone who is returning from travel outside Canada, so for those travelers returning to the area:

- **If you, or a person you travelled with experience [COVID-19 symptoms](#) within 14 days of arriving, stay at home (self-isolate), take the [COVID-19 Self-Assessment](#) and if necessary call **811 and follow their instructions****
- Alberta's Chief Medical Officer of Health **recommends** that anyone arriving from outside Canada self-isolate for 14 days whether they have symptoms or not
- 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
- 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

Restrictions that have been implemented by the Emergency Management Cabinet Committee include:

- Students are no longer to attend classes in schools or post-secondary institutions until further notice
- Long-term and continuing care facilities must limit visitation to essential visitors

Other recommendations from the Chief Medical Officer of Health include:

- Travel outside of Canada is not recommended
- Gatherings of 250 or more people or international events are to be cancelled
- Recommendation is to cancel any event involving critical infrastructure staff, seniors or other high-risk participants
- Other events can proceed as long as risk mitigation is in place such as sanitizer stations, ensuring that there is a mechanism for keeping anyone ill from attending, and having the ability to keep safe distancing between attendees

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>

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>