

Coronavirus (COVID-19) Information – Thursday May 21, 2020 – to be updated as warranted

ALBERTA IS OPERATING UNDER A 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 has begun to re-open businesses and services that were closed due to Covid. Residents are reminded that many restrictions are still in place and that although businesses may be allowed to open, they may choose to remain closed especially if staff are symptomatic.

Individuals who have cough, fever, shortness of breath, runny nose or sore throat symptoms are to complete the self-assessment and get tested for COVID-19 if indicated.

[COVID-19 self-assessment for Albertans](#), or the

[COVID-19 self-assessment for healthcare and shelter workers, enforcement personnel and first responders](#).

If you have a **fever, cough, shortness of breath, runny nose or sore throat**, you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer.

The Smoky River Region, including the towns and villages within it, have seen a high number of Covid-19 cases given the small population. This means community transmission is possible. All persons need to continue to stay at home as much as possible, limit interaction with others and stay at least 2 metres away from other people.

Area businesses have been directed to continue to limit the number of people within their establishments to allow for proper physical distancing. Please respect staff's direction and requests, these restrictions are in place to protect everyone.

Current restrictions in Alberta include:

- **Gatherings are limited to 15 people for inside gatherings and 50 for outside gatherings, unless otherwise indicated by Public Health Order. [See all business and gathering restrictions here](#), gatherings **must maintain 2 metre distancing****
- **Mandatory 14-day [self-isolation for returning international travellers](#) 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.**

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 any 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
- If you must go out in public, keep your distance – stay 2 metres from other people

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>

COVID-19 self-assessment for healthcare and shelter workers, enforcement personnel and first responders: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/HWAssessLanding.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>