

Coronavirus (COVID-19) Information – Thursday May 7, 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 continues to do an excellent job of testing and has expanded the criteria for who may be tested. The list of symptoms has changed significantly.

Testing is now available to:

- any person exhibiting symptoms of COVID-19
- asymptomatic close contacts of confirmed COVID-19 cases
- asymptomatic workers and residents at outbreak sites

Symptoms of COVID-19 can include:

- Fever*
- Cough (new cough or worsening chronic cough)*
- Shortness of breath or difficulty breathing (new or worsening)*
- Runny nose*
- Stuffy nose
- Sore throat*
- Painful swallowing
- Headache
- Chills
- Muscle or joint aches
- Feeling unwell in general, or new fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

*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.

If you have any symptom of COVID-19 or meet any of the asymptomatic testing criteria, complete the self-assessment form or call Health Link 811 (you don't need to do both).

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

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

The Smoky River Region, including the towns and villages within it, currently has a high number of active Covid-19 cases given the small population. This means community transmission is definitely 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 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 continue to include:

- **Planned gatherings with more than 15 people must be cancelled, [see all business and gathering restrictions here](#), gatherings of fewer than 15 people whether inside or outside **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
- 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

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>

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>