001. COVID-19 TREATY 8 FIRST NATIONS OF ALBERTA OFF-RESERVE ADVISORY

YEG COMMUNITY RESPONSE TO COVID-19 RESOURCE GUIDE

AS OF: March 25, 2020 / ORIGINAL **SOURCE:** Treaty 8 First Nations of Alberta / **WEBLINK:** http://www.treaty8.ca/

YEG Community Response to COVID-19 Resource Guide

In efforts to share resources available with off-reserve members, Treaty 8 First Nations of Alberta has provided a link on their website to a resource guide. The links below can be shared to incoming off-reserve inquiries and posted on your social media outlets.

Date Posted: March 24th, 2020

Treaty 8 First Nations YEG Community Response to COVID-19 update: http://www.treaty8.ca/News?id=8

A group of Edmonton residents have put together a guide to help direct people to the following information:

- Medical Help
- Financial Help
- Food Options
- Education Resources
- Mental Health Resources
- Family & Community Resources
- Business Resources
- Etc.

Click this link for Resource Guide:

https://docs.google.com/document/d/1I-hDWCPE6j39R_WcgB3Hux7l6F4cDir6mP7oL7IYOXY/edit?fbclid=IwAR1Ft8zMgHt9bMc_CPJoy66X6S0lATkpVpOGHNpOdwB16PmHVIvBcz1eshs

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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015. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
EMERGENCY FINANCIAL ASSISTANCE (OFF-RESERVE)

AS OF: March 18, 2020 / **ORIGINAL SOURCE:** Alberta Government /

WEBLINK: https://www.alberta.ca/emergency-financial-assistance.aspx

Emergency Financial Assistance (off-reserve clients/individuals)

Overview: If you are facing an unexpected emergency, you can apply for emergency financial assistance. You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and
- it presents a severe health risk, and
- you cannot access other resources or wait until your next pay-cheque or Income Support benefit cheque.

What's covered: This allowance can cover costs for:

- food, clothing, child care, transportation, damage deposit, temporary accommodation, utility arrears (you must repay this money if you need help with utility arrears more than once), eviction payments (you must repay this money if you need help with eviction payments more than once)

Emergency Needs Allowance rates are published on page two of the Financial Benefits Summary (PDF, 228 KB). Costs that may be covered, but must be repaid include:

- essential home repairs, essential appliance repairs

Proof of need: You must provide proof of need, such as:

- an arrears statement or eviction notice, a utility bill or statement for utility arrears, proof from a reliable source that the item is essential, like an unsafe wiring notice from the fire department

Eligibility: You can apply for the Emergency Needs Allowance if:

- you are a current Income Support client
- you are an Albertan earning an income, but you do not have enough money to cover this one-time, short-term emergency that will last no longer than a month
- you meet the Income Support program eligibility requirements

How to apply: For general information on Income Support benefits, you can call the Alberta Supports Contact Centre:
Hours: 7:30 am to 8:00 pm (Monday to Friday, closed statutory holidays)
Toll free: 1-877-644-9992 Email: css.ascc@gov.ab.ca

Income Support clients: Contact your Income Support worker.
If an emergency occurs outside regular hours, you can call the 24-hour Contact Centre toll free at 1-866-644-5135. See below for the items that can be issued by the 24-hour Income Support Contact Centre.

Albertans: If you aren't receiving Income Support, you can still apply.
Visit your nearest Alberta Supports or Alberta Works centre.
There are some benefits that the 24-hour Income Support Contact Centre can assist with by phone — see details below.
Income Support Contact Centre: If you are facing an emergency need for the following:

- food, medication, clothing, temporary shelter, emergency basic dental

Call the 24-hour Emergency Income Support Contact Centre (available 24/7):
Toll free: 1-866-644-5135 TTY toll free: 1-800-232-7215 (ask to speak to Alberta Supports) Fax: 780-422-9681
Email: hs.iscc@gov.ab.ca (responses may take 1-3 business days)

Public information gathered for distribution courtesy of KTC Admin

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017. COVID-19 ISC EXTERNAL ADVISORY
CDA/ADA POSITION ON DENTAL SERVICES

AS OF: March 18, 2020 / **ORIGINAL SOURCE:** Indigenous Services Canada

CDA / ADA Position on Dental Services

Canadian Dental Association

https://www.cda-adc.ca/en/about/covid-19/covid-19.asp

Dentists: Given the rapidly evolving COVID-19 situation, dentists licensed to practise in Canada are asked to consult the website and communiqués of the dental regulatory body in their province/territory, as well as the website and communiqués of their provincial/territory dental association.

General Public: Canadians and people in Canada are asked to consult the public website and communiqués of their provincial/territory health authorities.

Alberta Dental Association & College

https://www.dentalhealthalberta.ca/information-about-novel-coronavirus-covid-19-for-dental- patients-and-practitioners/

- Effective immediately there is a mandatory suspension of all non-emergency dental treatment and services.
- Dentists may continue to provide emergency treatment as outlined on the website
- At a minimum you must provide telephone access to address patients' continuity of care.
- Care provided must be compliant with existing ADA&C Infection Prevention and Control (IPC) Standards and guidance or the treatment must cease.

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018. COVID-19 AHS EXTERNAL ADVISORY
MENTAL HEALTH RESOURCES: DURING COVID-19

AS OF: March 19, 2020 / **ORIGINAL SOURCE:** AHS / **WEBLINK:** https://www.albertahealthservices.ca/amh/Page16759.aspx

Mental Health Resources: During COVID-19

Mental health information during crisis is important. Alberta Health Services has information and a number of resources available for Albertans and our staff to help.

Mental health resources are posted here, www.ahs.ca/helpintoughtimes.

COVID-19 Online Resources

For helpful advice on handling stressful situations and ways to talk to children.

- **Coping and Connection for Children & Families During COVID-19 (AHS Link)** https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpip-disaster-pandemic-coping-for-children-families.pdf
- **COVID-19 and Your Mental Health (AHS Link)** https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpip-disaster-pandemic-covid-19-and-your-mental-health.pdf
- **Practical and Emotional Preparedness for a Pandemic (AHS Link)** https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpip-disaster-pandemic-practical-and-emotional-preparedness.pdf
- **Mental health and coping with COVID-19 (CDC Link)** https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html
- **Talking with children about COVID-19 (CDC Link)** https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
- **Talking with children during infectious disease outbreaks (SAMHSA PDF Link)** https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

Podcast

https://soundcloud.com/ahs-communications/ahs-covid-19-podcast-dr-mitchell/s-uqRho?fbclid=IwAR1-cArxNilIZNFYdDYt3GBJIXpKS3R0jZwO20GL6FDocJFdSxpvHsMW1Jc

Need more?

Be sure to check regularly to the online information as resources will be updated and added as developed. Future podcasts and videos will also be shared in the coming days.

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019.COVID-19 ALBERTA HEALTH EXTERNAL ADVISORY
NEW APP HELPS ALBERTANS ACCESS HEALTH CARE

AS OF: March 19, 2020 / **ORIGINAL SOURCE:** Alberta Health

Weblink: https://www.alberta.ca/release.cfm?xID=69851809AA1B8-AEA8-D268-E2D1E54D6DF119C0

News Release: New App helps Albertans access health care

New app helps Albertans access health care

March 19, 2020 Media inquiries

Albertans can now meet with Alberta-licensed physicians through their smartphone, thanks to an initiative by TELUS Health.

Babylon by TELUS Health is a service already available in British Columbia via a free downloadable app. The app can serve as a new tool for Albertans to access health-care information and support in response to COVID-19 – from anywhere in the province. Albertans can use the service to check symptoms, book appointments, see a doctor, and get prescriptions and referrals for diagnostic imaging and specialists – all covered by Alberta Health Care.

> "Alberta is pleased to partner with TELUS to deliver physician services in a new way. This app is now available and ready for use in Alberta thanks to an alternative relationship plan, and it comes at a time when our health system is actively asking people to self-isolate as a result of the COVID-19 pandemic. Using this app is an alternative to visiting physicians face-to-face when you're not sure if your symptoms are related to the novel coronavirus or at any other time."
>
> *Tyler Shandro, Minister of Health*
>
> "TELUS' passionate and skilled health-care team is committed to driving improved health outcomes for Albertans by bringing our Babylon by TELUS Health virtual care service to communities and families across the entire province. In partnership with the Government of Alberta, our virtual health-care service bridges time and distance for Albertans in need of expeditiously accessing a physician at no cost from the comfort of home, while simultaneously keeping our amazing health-care professionals protected. It is our sincere hope that we can mitigate the enormous pressure on our health-care system through our technology, human ingenuity and compassion."
>
> *Darren Entwistle, president & CEO, TELUS*

The service is being delivered to Albertans through an alternative relationship plan (ARP) between the Alberta government and TELUS. There are currently 61 ARPs in Alberta involving 2,500 doctors.

All physicians providing advice via telephone, email and videoconferencing, including virtual care, can bill for services using the health service code (HSC) 03.01AD. This includes care related to COVID-19 as well as care not related to the virus. The code will remain active as long as the chief medical officer of health determines it should remain active. For more information, physicians can read the updated bulletin on providing telephone advice (Med 221), or email health-pcsp.admin@gov.ab.ca.

Find more information about Babylon by TELUS Health and download the app here.

https://www.telus.com/en/bc/health/personal/babylon

Media inquiries
Steve Buick
780-288-1735
Press Secretary, Health

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021. COVID-19 WLFN #459 INTERNAL ADVISORY
WLFN #459 COVID-19 PANDEMIC RESPONSE UPDATE

RELEASE DATE: April 18, 2020 / **ORIGINAL SOURCE:** Whitefish Lake First Nation #459

WEBSITE: https://www.whitefishlakefirstnation.com/?fbclid=IwAR1HuwU2bAXDMIgZlL4H0ALyYYw6FmIR3VEkkOrDE5baFdEPfG_BX3TH2R4

Whitefish Lake First Nation #459 COVID-19 Pandemic Response Update

Requirements & Expectations

Every member is required to follow the simple instructions from security, authority was given to

security to have rules followed to prevent the covid-19 virus from entering our community.

As of April 18 2020:

1. Every member is required to stay in the community 3 days straight. And every 4th day: members can go to the surrounding store(s) to purchase groceries and supplies. (this does not apply to people that need to go medical facilities everyday)
2. All person(s) that are providing a service to the general public are expected to put themselves in a 14 day self isolation: if they came from outside of the community.
    - If the individual is working alone in an office or vehicle, with no interaction with people. They can continue doing so.
    - However: those that interact with people on a daily basis; and have a high risk of coming closer than 6 feet; shall self isolate themselves for the minimum expected duration.
3. If individuals insist on leaving for any reason. The individual will be expected to self isolate themselves for a minimum of 14 days with no interaction with the general public.
4. After April 17 2020 council meeting: The council have decided that people need to go and enjoy the warmer weather, and take their evening walks in and around their neighbourhood and ATV rides within the traditional territory. The Curfew will be changed to accommodate the need for fresh air. (ATV rides within traditional territory will not require the 14 day self-isolation requirement.)
5. **New curfew time is: 10pm-7am** residents of the community will be expected to return to their residents or place of dwelling at 10pm sharp.
6. **New Lockdown time is: 12 midnight – 7am.** All residents are expected to be in the community by this hour. Whitefish has been lenient for the past 5 weeks. we must now be stringent this time. As we see the virus is spreading all around us.
7. Whitefish has a prohibited substance and intoxicants bylaw that was drafted and approved in 1993; and is still in effect.
8. All residents are expected to follow the “regulate intoxicant bylaw” as it still is current and in effect.
9. Security can search individuals vehicle that is entering the community to search all suspected vehicles for any prohibited intoxicants: **Especially** during the lockdown hours. Security have the authority to search trunks and hatchbacks and security can confiscate and destroy all intoxicants entering into the community. Especially for the sole purpose of sale or bartering of the intoxicant.

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021.2. COVID-19 KTC CFS EXTERNAL ADVISORY
UPDATED KTC CFS OFFICE CLOSURE ANNOUNCEMENT

AS OF: March 23, 2020 / **ORIGINAL SOURCE:** KTC Child & Family Services (attached original letter for sharing & posting)

Updated KTC Child & Family Services Office Closure Announcement

KTC Child & Family Services

The KTC Child & Family Services office will be closed to assist in preventing the spread of COVID-19 effective March 20, 2020 until further notice. KTC Child & Family Services is an essential service and will continue to provide all services to clients and children in care. Our families, foster & kinship families and children will continue to be fully supported 24/7 during this time and we will be in daily contact.

All employees are equipped to work remotely with Laptops and Phones – please contact your Caseworker directly if needed. KTC Child & Family Services is working to ensure full delivery of services while remaining in line with the recommended health and safety precautionary measures as directed from Alberta Children's Services and Alberta Health Services. Caseworkers will ask a series of questions when it is mandatory for them to check on your home in person, before entering, as part of our process to keep everyone safe.

The Director, Finance and Admin will come into the office as needed to continue with the finances and administration duties when absolutely required. There will be no public access to the offices. Staff will be available from 9:00am – 4:30pm Monday to Friday via cell phone and email.

KTC Child & Family Services:
General Inquiries and for reporting child protection concerns
On Call Cell Phone – 24 hrs/day:
1-780-536-7950
OR
CRISIS LINE (if the On Call Cell is unreachable)
1-800-638-0715

KEY STAFF CONTACTS:

NAME	EMAIL
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Loretta Alook – FOSTER CARE	Loretta.alook@ktccfs.ca
Jody Laderoute – KTC CFS COMMUNICATIONS TEAM	Jody.laderoute@ktccfs.ca
Joanna Shaw – KTC CFS COMMUNICATIONS TEAM	Joanna.shaw@ktccfs.ca

www.ktccfs.com

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KTC CFS OFFICE CLOSURE ANNOUNCEMENT

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The KTC Child & Family Services office will be closed to assist in preventing the spread of COVID-19 effective March 20, 2020 until further notice. KTC Child & Family Services is an essential service and will continue to provide all services to clients and children in care. Our families, foster & kinship families and children will continue to be fully supported 24/7 during this time and we will be in daily contact.

All employees are equipped to work remotely with Laptops and Phones – please contact your Caseworker directly if needed. KTC Child & Family Services is working to ensure full delivery of services while remaining in line with the recommended health and safety precautionary measures as directed from Alberta Children's Services and Alberta Health Services. Caseworkers will ask a series of questions when it is mandatory for them to check on your home in person, before entering, as part of our process to keep everyone safe.

The Director, Finance and Admin will come into the office as needed to continue with the finances and administration duties when absolutely required. There will be no public access to the offices. Staff will be available from 9:00am – 4:30pm Monday to Friday via cell phone and email.

KTC Child & Family Services:

General Inquiries and for reporting child protection concerns

On Call Cell Phone – 24 hrs/day:

1-780-536-7950

OR

CRISIS LINE (if the On Call Cell is unreachable)

1-800-638-0715

KEY STAFF CONTACTS:

NAME	EMAIL
Vickie Cardinal-Widmark – DIRECTOR	Vickie.cardinal-widmark@ktccfs.ca
Beatrice Tourangeau – SUPERVISOR	Beatrice.tourangeau@ktccfs.ca
Lena Nanooch – SUPERVISOR	Lena.nanooch@ktccfs.ca
David Shin – CASEWORKER	David.shin@ktccfs.ca
Jason Anderson – CASEWORKER	Jason.anderson@ktccfs.ca
Tiffany Letendre – CASEWORKER	Tiffany.letendre@ktccfs.ca
Faye Houle – CASEWORKER	Faye.houle@ktccfs.ca
Bernadette Cardinal – CASEWORKER	Bernadette.cardinal@ktccfs.ca
Bev Moore – FOSTER CARE	Bev.moore@ktccfs.ca
Loretta Alook – FOSTER CARE	Loretta.alook@ktccfs.ca
Jody Laderoute – KTC CFS COMMUNICATIONS TEAM	Jody.laderoute@ktccfs.ca
Joanna Shaw – KTC CFS COMMUNICATIONS TEAM	Joanna.shaw@ktccfs.ca

022. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
INFO FOR CONSUMERS *NEW

Updated: March 21, 2020 / **ORIGINAL SOURCE:** Alberta Government /

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Info for consumers *New

We're receiving two types of complaints related to consumer exploitation resulting from COVID-19:

- retail outlet stores raising prices for high-demand products (i.e. toilet paper, hand sanitizer)
- private individuals purchasing mass qualities of supplies and reselling them at an inflated premium

The *Consumer Protection Act* prevents suppliers from grossly raising prices with no explanation beyond what is reasonable for goods that are readily available.

Unlike commercial sales, the *Consumer Protection Act* does not explicitly cover private sales. We urge all Albertans to act with consideration and caution and to find ways to help support each other in this time.

File a consumer complaint

If people see prices for products or services in Alberta skyrocket because of COVID-19, you can report it through our Report-a-Ripoff by calling 1-877-427-4088 or online at https://www.alberta.ca/file-consumer-complaint.aspx

Cyber security

Cyber security incidents involving malware and fraudulent activities, including identity theft, are being reported across Alberta in the wake of COVID-19.

- Anyone who receives a call asking for credit card information should hang up immediately and call the non-emergency line for local law enforcement.

- Albertans are encouraged to continue to exercise caution when clicking on links or providing personal information to people and organizations that request that information, unsolicited.

Last updated: March 21 at 5:55 pm

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

@CPHO_Canada (Follow Canada's Chief Public Health Officer Dr. Theresa Tam on Twitter)

@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

025-P1. COVID-19 WHO EXTERNAL ADVISORY
COVID-19 ADVICE FOR THE PUBLIC: MYTH BUSTERS

Updated: March 20, 2020 / **ORIGINAL SOURCE:** World Health Organization (WHO)

WEBLINK: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Coronavirus disease (COVID-19) advice for the public: Myth busters (Part 1)

As information is being circulated in social media settings, here are some links and posters to help control misinformation.

COVID-19 virus can be transmitted in areas with hot and humid climates: From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/52.png

Cold weather and snow CANNOT kill the new coronavirus: There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mb-cold-snow.png

Taking a hot bath does not prevent the new coronavirus disease: Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mb-hot-bath.png

The new coronavirus CANNOT be transmitted through mosquito bites: To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mb-mosquito-bite.png

Are hand dryers effective in killing the new coronavirus?: No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbusters-27.png

Can an ultraviolet disinfection lamp kill the new coronavirus?: UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbusters-31.png

How effective are thermal scanners in detecting people infected with the new coronavirus?: Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever. – Downloadable graphic: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
- @CPHO_Canada (Follow Canada's Chief Public Health Officer Dr. Theresa Tam on Twitter)
- @AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

025-P2. COVID-19 WHO EXTERNAL ADVISORY
COVID-19 ADVICE FOR THE PUBLIC: MYTH BUSTERS

Updated: March 20, 2020 / **ORIGINAL SOURCE:** World Health Organization (WHO)

WEBLINK: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Coronavirus disease (COVID-19) advice for the public: Myth busters (Part 2)

As information is being circulated in social media settings, here are some links and posters to help control misinformation.

Can spraying alcohol or chlorine all over your body kill the new coronavirus? No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.– Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbusters-33.png

Do vaccines against pneumonia protect you against the new coronavirus?: No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/11.png

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?: No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/23.png

Can eating garlic help prevent infection with the new coronavirus?: Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/19.png

Does the new coronavirus affect older people, or are younger people also susceptible?: People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster-2.png

Are antibiotics effective in preventing and treating the new coronavirus?: No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible. **Downloadable graphic –** https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster-3.png

Are there any specific medicines to prevent or treat the new coronavirus?: To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range or partners. – Downloadable graphic: https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster-4.png

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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026. COVID-19 SLAD EXTERNAL ADVISORY
SLAD NOTICE OF BUSINESS CONTINUITY

Updated: March 22, 2020 / **ORIGINAL SOURCE:** Slave Lake Apple Drugs (SLAD)

SLAD (Slave Lake Apple Drugs) notice of business continuity

Apple Drugs

SLAVE LAKE APPLE DRUGS
108 – 6th Ave NW, Slave Lake, AB, T0G 2A1
Tel 780 849 9443 Fax 780 849 9457

March 22, 2020

In order to support efforts to minimize opportunities for the spread of COVID-19, while protecting the health of the community and our staff members, effective immediately Slave Lake Apple Drugs Pharmacy will have:

RESTRICTED ACCESS TO PERSONS COMING INSIDE THE PHARMACY

Please call the pharmacy (780-849-9443) to request prescription refills or extensions or have your provider fax the prescription to us. Please call when you arrive to pick-up and a staff member will bring your prescription to a designated table just inside of the door where you may pick it up; medication information/counselling will be provided over the phone whenever possible.

Please be kind to our amazing staff as we all navigate these changes to continue to serve our patients in the safest manner possible.

Note that we are strictly adhering to Alberta Health's request to limit prescription fills to a 30 day supply at this time. Alberta Blue Cross Senior's plan has adjusted the copay so that this does not increase the senior's out of pocket expense.

We are working towards having a prescription delivery service running within this coming week.

Our team is aware that most of our patients' health needs will be unrelated to the outbreak and are reviewing updates from Alberta Health and our professional regulatory bodies on a daily basis to continue to best meet those needs safely.

Our hours of operation will not change at this time.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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027. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
COVID-19 SUPPORTS FOR ALBERTANS

AS OF: March 24, 2020 / **ORIGINAL SOURCE:** Alberta Government /

WEBLINK: https://www.alberta.ca/covid-19-supports-for-albertans.aspx

COVID-19 Supports for Albertans

Overview

The Alberta government will provide immediate financial relief to Alberta's families and vulnerable populations.

Albertans should be focused on their health and not worry about whether they can pay their bills so we have put a number of options in place for those struggling financially.

Emergency isolation support

- This will be a temporary program for working adult Albertans who must self-isolate because they meet the Government of Alberta's published criteria for self-isolation, including persons who are the sole care-giver for a dependent who must self-isolate because they meet the public health criteria, and who will not have another source of pay or compensation while they are self-isolated.
- A one-time payment of $1,146 will be distributed to bridge the gap until the federal emergency payments begin in April.
- We expect the program to be available through a simple online application this week and that funds will be deposited in the accounts of eligible recipients beginning at that time.

More information on how to apply will be available soon.

Utility payment deferral

- Residential customers can defer electricity and natural gas bill payments for the next 90 days to ensure no one will be cut off, regardless of the service provider.
- This program is available to Albertans who are experiencing financial hardship as a direct result of COVID-19. For example, those who have lost their employment or had to leave work to take care of an ill family member.
- Call your utility provider directly to arrange for a 90-day deferral on all payments.

Learn more about the 90-day utility payment deferral (PDF, 128 KB) Link: https://www.alberta.ca/assets/documents/covid19-90-day-utility-deferral.pdf

Student loans repayment deferral

We are implementing a six-month, interest free, moratorium on Alberta student loan payments for all Albertans in the process of repaying these loans.

- Alberta Student Loan repayments will be paused for 6 months, beginning March 30, 2020.
- Interest will not accrue during this period. This mirrors the approach of the Canada Student Loans Program.
- Students do not need to apply for the repayment pause.
- Borrowers may continue making payments during this period if they choose and this will not affect their eligibility to receive the benefit.

News

- Protecting Alberta's families and economies (March 18, 2020) Link: https://www.alberta.ca/release.cfm?xID=698455D70096B-DF57-A62A-778266237F3241C8

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

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https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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028. COVID-19 AHS EXTERNAL ADVISORY
INFANT FEEDING AND COVID-19

SENT OUT: March 24, 2020 / **ORIGINAL SOURCE:** Alberta Health Services (

WEBLINK: https://www.albertahealthservices.ca/topics/Page17000.aspx

Infant Feeding and COVID-19

Infant Feeding and COVID-19

What you need to know

COVID-19 can spread from person-to-person through small droplets when a person with COVID-19 coughs or exhales.

- During most illnesses, breastfeeding is the safest way to feed a baby.
- If you are sick, discuss breastfeeding with your healthcare provider.
- If you are not sick, continue breastfeeding.
- Infants who are breastfed are at decreased risk of respiratory illness.
- If you are using infant formula be sure to have at least a 14-day supply of formula and any supplies needed to sterilize the equipment.

If you have symptoms such as fever, cough and difficulty breathing and have travelled outside Canada, or have been exposed to someone who has COVID-19, stay home and call Health Link 811

If you need health advice or information call Health Link 24/7 by dialing 811 or visit MyHealth.Alberta.ca.

811 Health Link Health Advice 24/7

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
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Infant Feeding and COVID-19

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If you need health advice or information call Health Link 24/7 by dialing 811 or visit MyHealth.Alberta.ca.

811 Health Link
Health Advice 24/7

029. COVID-19 AHS EXTERNAL ADVISORY
HOW TO CARE FOR A COVID-19 PATIENT AT HOME

SENT OUT: March 24, 2020 / **ORIGINAL SOURCE:** Alberta Health Services

WEBLINK: https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-patient-at-home.pdf

How to care for a COVID-19 patient at home

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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- @AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

How to care for a COVID-19 patient at home

If at all possible, try to ensure that the ill person has a designated bedroom and bathroom.

Visitors should not come to the home.

Maintain social distance from the ill individual, as much as possible.

Do not allow ill person to prepare meals for others, and ensure that that ill person uses separate preparation area or at least prepares meals at a different time, washing all surfaces after.

Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels and pillows.

Wash your hands frequently, with soap and warm water.

Frequently sanitize all surfaces, particularly hand rails, door knobs, sink taps, toilets, and other items of frequent touching.

Advise loved ones to cover their coughs and sneezes with their arm, not their hand, and to practice good respiratory etiquette at all times.

Monitor yourself for symptoms and visit ahs.ca/covid to take a self-assessment to determine whether you should be tested for COVID-19.

030. COVID-19 AHS EXTERNAL ADVISORY
TEXT4 HOPE

SENT OUT: March 24, 2020 / **ORIGINAL SOURCE:** Alberta Health Services

WEBLINK: https://www.albertahealthservices.ca/topics/Page17019.aspx

Text4Hope – Supporting Mental Health & Wellness in a Time of Stress & Isolation

Feeling stress, anxiety and depression due to the COVID-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.

How to Connect

Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

All mental health support lines remain open. For details on what is available in your health region, visit this AHS resource. Link: https://www.albertahealthservices.ca/amh/amh.aspx

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
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- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
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031. COVID-19 AHS EXTERNAL ADVISORY
HEALTHY TOGETHER – FINDING A NEW NORMAL

DATE POSTED: March 25, 2020 / **ORIGINAL SOURCE:** Alberta Health Services

WEBLINK: https://www.albertahealthservices.ca/news/Page15439.aspx

Healthy Together

Welcome to Healthy Together, your guide to family and home life during COVID-19. Each weekday, we'll post a new story about how families can be healthy, active and safe in these changing times.

To suggest a story or share your experiences in an upcoming story, contact: healthy.together@ahs.ca.

Finding a New Normal - Healthy Together

Life in Alberta has been turned upside down with the COVID-19 outbreak. Home has always been where the heart is. Now it's where we spend more and more time, working, learning, playing, eating and wondering when things will get back to normal. With the answer unclear, your family may need to find a new normal for the coming weeks. These tips can help with day-to-day life. For information about COVID-19, visit Information for Albertans.

Find a new routine

Schools, daycares, rec centres, many public facilities and businesses are closing. Work life is changing by the minute. Countless moms and dads are juggling to keep up and keep their children safe. Nearly every family in Alberta has had their daily routine disrupted. Planning and following a new routine can lend a sense of order to these topsy-turvy times, especially for children. "Routines can help you and children feel more comfortable during times of uncertainty," says Farah Bandali, AHS's director of Healthy Children and Families with Healthy Living. "Day-to-day routines add structure to family life and reflect what's important to your family. They're also a way to let your kids know what to expect during the day." She adds: "Your family can make new routines for weekdays and weekends together. See what works for everyone. Be flexible—give and take a little and let everyone have a voice. You can change things around as you need. And you don't have to follow routines to the minute." Wake up times, bedtimes, meals and snacks, play, walks and quiet time. All are examples of what you can weave into your family's new routine. See the sample routine below to help you get started. See a sample routine at https://www.albertahealthservices.ca/news/features/2020/Page15441.aspx

Bring on the laughter

Watch a funny movie. Tell a corny joke (see child-friendly example in sidebar). Have a staring contest. Tickle one another. Tell a goofy story. Make laughter a part of your day. Science America says "laughter and appreciation of humour are vital components of adaptive social, emotional and cognitive function … Laughter is, after all, a communal activity which promotes bonding, diffuses potential conflict and eases stress and anxiety." That's a schmancy way of saying laughter brings people together and helps us think. It also helps us express our feelings, can turn a tense moment into a light moment and is just plain good for us.

Remember the basics

In tough times, we can lose track of the basics of healthy living. Here's a friendly reminder: eat healthy foods as much as possible. Stay connected with other family members, friends and co-workers while maintaining social (physical) distancing. Get a good night's sleep. Go outside for a walk or kick a soccer ball around in your backyard or stomp around in the snow. Limit alcohol and recreational drugs. Most of all, reach out for help if you need it. Alberta Health Services, the Government of Alberta, your local municipality and hundreds of community groups have all kinds of support and assistance for Albertans. These are extraordinary times and looking after yourself and your family are more important than ever.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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032. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
ENFORCING MEASURES TO STOP SPREAD OF COVID-19

AS OF: March 25, 2020 / **ORIGINAL SOURCE:** Alberta Government Media Inquiries

WEBLINK: https://www.alberta.ca/release.cfm?xID=69918C41565BC-002C-269C-638E958E5912C37B

Enforcing measures to stop spread of COVID-19

To protect the health and safety of Albertans, law enforcement agencies have been granted full authority to enforce public health orders and issue fines. In addition, it is now mandatory for travellers returning from outside of Canada to self-isolate. This legal requirement also applies to close contacts of confirmed COVID-19 cases, as well as to any individual with symptoms, such as a fever, cough, sore throat or runny nose.

"We must do everything we can to protect Albertans through this pandemic. While the vast majority of Albertans are doing their part to flatten the curve by self-isolating, practising physical distancing or helping those who are self-isolating, some are not. Self-isolation orders are not suggestions or guidelines – they are now the law and they must be followed. Anyone putting their families, their neighbours, or other Albertans at risk will face consequences." Jason Kenney, Premier

Through amendments to the Procedures Regulation under the Provincial Offences Procedures Act, community peace officers, in addition to police, will be able to issue tickets to enforce COVID-19 public health orders. Fines now administered through tickets for violating an order have increased from up to $100 per day to a prescribed fine of $1,000 per occurrence. Courts will also have increased powers to administer fines of up to $100,000 for a first offence and up to $500,000 for a subsequent offence for more serious violations. These new fines will be in force over the coming days.

"The chief medical officer of health has the full cooperation of community peace officers and local policing to ensure Albertans comply with orders. Albertans' health is and will always be our top priority, and we will use all necessary enforcement measures to ensure Albertans take this situation seriously by self-isolating and limiting mass gatherings." Doug Schweitzer, Minister of Justice and Solicitor General

Public health orders subject to fines for violation include:

- Any individual who has travelled outside of Canada must go into mandatory self-isolation for 14 days from their return, plus an additional 10 days from the onset of any symptoms should they occur, whichever is longer.
- Any individual who exhibits COVID-19 symptoms must self-isolate for a minimum of 10 days from the start of their symptoms, or until the symptoms resolve, whichever is longer. Symptoms include cough, fever, shortness of breath, runny nose, or a sore throat.
- Any individual who has been identified by as a close contact of a person(s) with COVID-19 must go into mandatory self-isolation for 14 days from the date of last having been exposed to COVID-19, plus an additional 10 days from the onset of any symptoms should they occur, whichever is longer.
- Mass gatherings must be limited to no more than 50 attendees.
- Access to public recreational facilities, private entertainment facilities, bars and nightclubs is prohibited.
- Visitation to long-term care and other continuing care facilities is limited to essential visitors only.

The Government of Alberta and Alberta Health Services are working with local enforcement agencies to manage complaints, which can be submitted online. Exemptions will continue to be assessed on a case-by-case basis by public health officials.

Public Health Orders (link): https://open.alberta.ca/dataset?q=&sort=title_string+desc&tags=CMOH+orders

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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033. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
GOVERNMENT SERVICE CHANGES – TEMPORARY OFFICE CLOSURES

AS OF: March 23, 2020 / ORIGINAL **SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/covid-19-temporary-office-closures.aspx

Government Service Changes – Temporary Office Closures

Some Alberta government office locations have temporarily closed to the public. To find out how to access affected government services, visit the program's web page or call Alberta Connect at 310-4455 from 8 am to 8 pm, 7 days a week.

Education and training

- **Apprenticeship and Industry Training Office** – Temporarily closed. Visit Tradesecrets for the most current apprenticeship training information.

Business and registries

- **Land Titles** – Office temporarily closed. Find out how to get help.
- **Vital Statistics and Corporate Registry** – Office temporarily closed. Find out how to get help.

Energy and environment

- **Air Photo Library** – Office temporarily closed. Find out how to order by email.
- **Alberta Parks –** Sites remain accessible but facilities are closed. Find out how parks are affected.
- **Fish and Wildlife Enforcement Branches** – Many enforcement offices are temporarily closed. For information, contact offices directly.

Family and social supports

- **Alberta Supports** – In-person services suspended. If you are receiving benefits or services and need assistance, find out how to get help.

Government

- **Government Surplus Sales** – Locations temporarily closed. Find out how to pick up online auction items.
- **Official documents**– Front counter is temporarily closed. For information, visit document authentication for other jurisdictions and countries.

Housing and community

- **Residential Tenancy Dispute Resolution Service (RTDRS)** – Office temporarily closed. Find out how to get help with applications and hearings.

Courts

- **Alberta Court of Appeal** – Limiting attendance to necessary parties. Find out more.
- **Court of Queen's Bench** – Hearings limited to emergency or urgent matters only. Find out more.
- **Provincial Court of Alberta** – Limiting all regular operations, including Traffic Court. Find out more.
- **Traffic Court (Provincial Court of Alberta)** – All locations closed. Find out how to get help.

Other services

- **Adult correctional and remand centres** – Visits suspended. Find out more.
- **Alberta Law Libraries** – Public access is suspended until further notice. Find out more.
- **Consumer Investigations and Programs –** Office temporarily closed. Find out about consumer protection concerns related to COVID-19.
- **Legal Aid Alberta** – Accepting only applications for urgent matters. Find out more.
- **Young Offender Centres** – Visits suspended. Find out more.

Museums and historic sites

- **Edmonton Federal Building –** Public access is suspended until further notice. Find out more.
- **Government House** – Tours and public access are suspended until further notice. Find out more.
- **Historic sites and museums** – All museums, historic sites and interpretive centres are temporarily closed. Find out more.
- **Legislative Assembly Visitor Centre** – Tours and public access are suspended until further notice. Find out more.
- **Provincial Archives of Alberta** – Public access is suspended until further notice. Find out how to get help.

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034. COVID-19 AHS EXTERNAL ADVISORY
COVID-19 FAQ'S FOR PUBLIC

AS OF: March 25, 2020 / **ORIGINAL SOURCE:** Alberta Health Services

WEBLINK: https://www.albertahealthservices.ca/topics/Page16944.aspx

novel Coronavisur (COVID-19) FAQs for Public

Issued by the AHS Emergency Coordination Centre (ECC) REVISED March 25, 2020
Please note: every effort is made to keep this FAQ current; however, for the very most current information on the situation in Alberta, please visit www.alberta.ca/covid19 . If you are a healthcare worker in Alberta, please visit www.ahs.ca/covid

*See attached FAQ PDF

View current FAQ at: https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-2019-public-faq.pdf

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novel Coronavirus (COVID-19) FAQs for Public

Issued by the AHS Emergency Coordination Centre (ECC)

REVISED March 25, 2020

Please note: every effort is made to keep this FAQ current; however, for the very most current information on the situation in Alberta, please visit www.alberta.ca/covid19.

If you are a healthcare worker in Alberta, please visit www.ahs.ca/covid.

What's happening in Alberta?

Alberta continues to see cases of COVID-19. For current case count, visit www.alberta.ca/covid19.

Additional information for travelers, schools, daycares, employers and all Albertans, can also be found at www.alberta.ca/covid19.

What is novel coronavirus (COVID-19)?

- Coronaviruses are a large family of viruses.
- Some coronaviruses cause respiratory illness in people, ranging from common colds to severe pneumonias. Others cause illness in animals only.
- Rarely, animal coronaviruses can infect people, and more rarely, these can spread from person to person through close contact.
- COVID-19 is a new strains of the virus that had not been previously identified in humans.

What are the symptoms of COVID-19?

- Symptoms for COVID-19 are similar to those for influenza or other respiratory illnesses. The most common symptoms include fever and cough but other symptoms may include:
    - sore throat
    - runny nose
    - nasal congestion
    - shortness of breath
    - difficulty breathing
- Most people (about 80%) recover from this disease without needing special treatment.
- However, it can cause serious illness. Those who are older, and those with other medical problems are more likely to develop serious illness.
- There is a risk of death in severe cases.
- Older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

How is COVID-19 spread from person-to-person?

- COVID-19 is spread mainly by coughing, sneezing or direct contact with a sick person or with surfaces they have recently touched.
- It is not an airborne illness.

Should I be tested for COVID-19?

Visit www.ahs.ca/covid and complete the online self-assessment tool to determine if you should receive testing for COVID-19.

What should I do if I have symptoms and think I have COVID-19?

If you are sick or think you may have been exposed to COVID-19:

- You MUST self-isolate and visit www.ahs.ca/covid and complete the online self-assessment tool to determine if you need testing for COVID-19.
- Please do not visit a hospital, physician's office, lab or healthcare facility without consulting Health Link (811) first.
- If your symptoms worsen, call 811. We are experiencing heavy call volumes and will get to your call as quickly as we can.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

How can I protect myself and my family from COVID-19?

- To help protect against all respiratory illnesses, including the flu and COVID-19, you should:
  - Stay home. Now is the time to stay home and avoid social and other outings that are not essential.
  - If you must leave your home, make sure you practice proper social distancing.
  - Wash your hands often and well. Refer to hand-washing guidance here: https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf
  - 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. Refer to respiratory etiquette guidance here: https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-cover-cough.pdf

Did the criteria for COVID-19 testing change?

A new approach to testing for COVID-19 was implemented in Alberta on March 23, and prioritizes groups at highest risk of local exposure, as well as at-risk populations.

As of March 23, travellers who returned to Alberta from outside of Canada after March 12 and have mild symptoms are no longer being tested for COVID-19. Instead, the same advice applied to all Albertans applies to them - self-isolate at home and away from others.

This change is effective going forward, so anyone who had already been told by Health Link that they'll be tested will still get tested.

Testing will be prioritized for the following individuals, if they are **symptomatic**:

- people who are hospitalized with respiratory illness;
- residents of continuing care and other similar facilities;
- healthcare workers with respiratory symptoms (this testing will begin later this week).

Why did AHS change the testing criteria?

Changing our testing protocols allows us to focus Alberta's testing capacity on those most at risk. This is consistent with the approach happening across Canada.

It enables us to strategically use our testing resources. Our new approach reflects the fact that the most important thing anyone can do if they have mild symptoms isn't to get tested - it's to stay home and self-isolate.

I am worried about catching COVID-19. Should I wear a medical mask?

- Masks can be very important in certain situations. When sick, wearing a mask helps prevent us from passing illnesses on to other people. This is why we ask people who have a cough or respiratory symptoms to wash their hands and wear a mask when visiting an emergency department or clinic.
- If you are sick, wearing a mask helps prevent passing the illness on to other people.
- If you are healthy, medical masks are not recommended as they don't provide full protection and can create a false sense of security.
- Frequent and thorough hand washing, covering your mouth when coughing or sneezing and avoiding touching your face, nose or mouth remain the best evidence-based ways to prevent the spread of respiratory illness.
- N95 masks (respirator masks) require special fitting and testing in order to be effective. We strongly recommend against members of the public using N95 masks, as they can make it more difficult to breathe for some individuals, especially those with chronic breathing problems. They provide little, if any, benefit to members of the public, beyond that provided by a procedure mask.

I feel sick and I can't get through to Health Link, what do I do?

- Health Link 811 continues to experience very high volume due to individuals seeking advice on COVID-19. We thank you for your patience.
- We have developed a simple online assessment tool to help you decide whether you need to call 811 to be tested for COVID-19. Visit the online tool at ahs.ca/covid.
- You can also:
    - Call your primary health provider for advice.
    - Call 911 if you are seriously ill and need immediate medical attention (such as shortness of breath) and inform them that you may have COVID-19.
- Even if the assessment tool indicates that COVID-19 testing is not recommended, please continue to stay at home and self-isolate for at least 10 days after your symptoms started and until you no longer have symptoms.

Who is most at risk for becoming very sick with COVID-19?

- Although most people who develop COVID-19 will experience mild illness, some individuals are more likely to become seriously ill. Older adults and people with medical conditions like high blood pressure, diabetes, heart disease, and lung disease appear to be at higher risk of becoming very sick.

What are your recommendations for people who are immune compromised, have asthma or at high risk of severe illness for other medical reasons?

- Stay at home, avoiding public places and social interaction.
- If you must go out in public, practice proper social distancing.
- For essential outings, at very least reschedule your visit for non-peak periods.
- Wash your hands often with soap and warm water.
- Avoid touching your face, nose, or mouth.
- Do not have contact with people who are sick.
- Clean and disinfect surfaces that are frequently touched.
- Call 911 if you become seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

When should I go to the hospital?

- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.
- If you do not need urgent medical attention and you think you may have COVID-19, you can instead call 811 for health assessment and referral.

My loved one has or is being tested for COVID-19 and we live in the same house. How can I take care of them and not get sick myself?

- If at all possible, try to ensure that the ill person has a designated bedroom and bathroom.
- Maintain social distance from the ill individual, as much as possible.
- Visitors should not come to the home.
- Do not allow ill person to prepare meals for others, and ensure that the ill person uses separate preparation area or at least prepares meals at a different time, washing all surfaces after.
- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels and pillows.
- Wash your hands frequently, with soap and warm water.
- Frequently sanitize all surfaces, particular hand rails, door knobs, sink taps, toilets, and other items of frequent touching.
- Advise loved one to cover their coughs and sneezes with their arm, not their hand, and to practice good respiratory etiquette at all times.
- Monitor yourself for symptoms and call Health Link for assessment and advice if you have symptoms yourself.

What does self-isolation mean?

- Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as social gatherings, work, school, child care, athletic events, university, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and all public gatherings.
- You should, (where possible) not use public transportation including buses, taxis, or ride sharing.
- As much as possible, you should limit contact with people.
- You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food on the doorstep.
- You can also use delivery or pick up services for errands such as grocery shopping.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine.
- Wash your hands often with soap and water and regularly clean and disinfect frequently touched and shared surfaces such as doorknobs and counters.
- If you need to leave your home for an urgent errand, such as picking up essential medication, as a precaution to reduce risk of spread, you should wear a surgical mask while you are out.
- During this time, it is important that you monitor your health for symptoms like fever or cough.
- If you do develop symptoms, you can complete the online assessment tool for additional advice or call Health Link at 811.

How is COVID-19 treated?

- Although there are no specific medications for COVID-19 at this time, the Alberta health care system is able to provide effective care for people who develop a serious COVID-19 illness.

Are there vaccines to prevent COVID-19?

- Not yet. Much research is currently underway to development a vaccine, but it could take some time before a vaccine is developed and approved for use in Canada.

I am not having symptoms, but I'm concerned about COVID-19 and want to talk to someone. Should I call Health Link?

- Please visit the following websites if you have further general questions about what COVID-19 is, how it is spread, or how many cases there are in Alberta and the world at present. You can call Health Link 811 if you have additional questions about what you need to do to protect yourself and your family against getting a COVID-19 infection.

    - Alberta Health: alberta.ca/covid19
    - Public Health Agency of Canada: canada.ca
    - World Health Organization: who.int

TRAVEL:

Should I change or cancel my travel plans outside of Canada?

- Yes. Travel outside Canada is **not recommended** at this time.
    - Public Health Agency of Canada's Travel Health Advisories: https://travel.gc.ca/travelling/health-safety/travel-health-notices.
    - World Health Organization's bulletins: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice.

What should I do if I have recently returned from travelling outside of Canada?

- ALL travellers who returned to Alberta from outside Canada in the last 14 days MUST self-isolate immediately for 14 days after the date of return and monitor for symptoms. Complete the online self-assessment tool at ahs.ca/covid to determine if you should receive testing for COVID-19.

- **If you have symptoms:**

    - Anyone who has symptoms, including cough, fever or sore throat, must also self-isolate for 10 days after the first onset of symptoms, or until their symptoms resolve, whichever is longer.
    - If you develop symptoms – cough, sore throat, fever or difficulty breathing – stay home and complete the online COVID-19 self-assessment. Do not go to the ER or doctor's office.
    - Please do not visit a hospital, physician's office, lab or healthcare facility without consulting Health Link (811) first.
    - If your symptoms worsen, call 811. We are experiencing heavy call volumes and will get to your call as quickly as we can.
    - Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

I was on a flight where there was someone who looked sick. Am I at risk?

- Returning travellers on international flights may be screened at the airport: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-reponse.html
- If any cases are diagnosed among travellers to Alberta, Public Health will be following up with anyone who was exposed.

Flights with confirmed cases

As more flights confirm passengers with COVID-19, Albertans should monitor their air travel even if it was limited to within Canada. Flights that have confirmed cases and the affected seats is posted online as information is confirmed.

- Passengers in affected seats are considered close contacts and are at risk of exposure. Please self-isolate for 14 days and monitor for symptoms.
- Other passengers should monitor for symptoms, but are not required to self-isolate unless they returned to Canada after March 12.

If you recently returned from a flight:

- check the list of affected flights for updates (*updated March 22, 1:00 pm)*
- self-isolate for 14 days if your seat was affected or you returned to Canada after March 12
- monitor for symptoms such as cough, fever, fatigue or difficulty breathing
- If, at any time in your 14 day period of self-isolation, you develop symptoms of illness, you are required to stay home for 10 days from date of symptom onset, or until symptoms have cleared, whichever is longer. This may extend your period of self-isolation to longer than 14 days.
- take the COVID-19 self-assessment to determine next steps and find out if testing is required

I live outside of Canada but have a trip planned to Alberta this week/month. Should I still come?

- Travel should be limited as much as possible. Essential travel only should proceed.
- Please follow travel guidance from Public Health Agency of Canada: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html.
- If you do not currently have symptoms of COVID-19 and are planning to come to Alberta from outside Canada, you will be asked to monitor yourself for the development of symptoms of COVID-19.

If you develop symptoms, you will need to isolate yourself immediately and call Health Link 811.

EVENTS and OTHER RESTRICTIONS

What restrictions are in place, related to public spaces?

To help prevent the spread of COVID-19, Alberta has implemented the following public health restrictions:

- Student attendance at schools is prohibited.
- In-person classes at post-secondary institutions are cancelled until further notice. Campuses remain open.
    - Government is working with post-secondary institutions to ensure students are not prevented from being eligible for admission to post-secondary studies for the upcoming school year.
- All licensed child care facilities, out-of-school care programs and preschool programs are closed with the exception of a select few who will be providing child care to essential workers.

- All long-term care and other continuing care facilities are advised to limit visitation to essential visitors only. See Information for People Visiting Patients for more information.
- Places of worship are no longer exempt from restrictions on mass gatherings.
- To limit the amount of time Albertans are spending in large crowds and crowded spaces, all Albertans are prohibited from attending public recreational facilities and private entertainment facilities, including gyms, swimming pools, arenas, science centres, museums, art galleries, community centres, children's play centres, casinos, racing entertainment centres, and bingo halls.
- Sit-down restaurants, cafés, coffee shops, food courts and other food-serving facilities, including those with a minors-allowed liquor license, are limited to 50 per cent capacity to a maximum of 50 people.
- Take-out, delivery or drive-through service is permitted. Licensed facilities will also be permitted to deliver liquor.
- Until further notice, all Albertans are restricted from attending bars and nightclubs, where minors are prohibited by law.
- Grocery stores, shopping centres, health-care facilities, airports, the legislature and other essential services are not included in this mandatory closure.
- Likewise, at this time not-for-profit community kitchens, soup kitchens and religious kitchens are exempt, but sanitization practices are expected to be in place and support will be in place for this practice.

Effective March 25, the province has instituted new enforcement measures for those not respecting public health restrictions. Find more information on Alberta.ca.

What restrictions are in place for events?

Events with more than 50 attendees are cancelled.

  - This includes large sporting events, conferences and community events, as well as worship gatherings and family events – including weddings and funerals.

Find more information on Alberta.ca/covid19

Is AHS prepared to meet the increased demands on health care in the event of a local outbreak of COVID-19?

- Yes – AHS, in collaboration with Alberta Health and the Alberta Emergency Management Agency, is actively responding to this pandemic, and worked proactively to be prepared.
- We are focused on controlling the spread of disease, reducing illness and death, minimizing disruptions to the daily life of Albertans, helping to minimize economic impacts and support an efficient and effective use of resources during response and recovery.

035. COVID-19 AHS EXTERNAL ADVISORY
ADVICE FOR PEOPLE TESTED FOR COVID-19

POSTED: March 27, 2020 / **ORIGINAL SOURCE:** Alberta Health Services /

WEBLINK: https://www.albertahealthservices.ca/topics/Page17034.aspx

Advice for People Tested for novel coronavirus (COVID-19)

If You Receive Notice of Positive Test Results for COVID-19

- If your test results for COVID-19 are positive, you MUST continue to self-isolate.
    - You will be contacted by AHS Public Health to advise on your self-isolation period. Please remain in self-isolation.
    - Self-isolation can help prevent the spread of COVID-19 by lowering the chance the virus could spread to others.
    - Self-isolation means to avoid situations where you could infect other people such as through social gatherings, work, school/university, child care, athletic events, faith-based gatherings, health care facilities and public transportation.
    - In addition wash your hands often and thoroughly, cover your cough and sneezes, avoid sharing household items and clean and disinfect frequently touched and shared surfaces.
    - For guidance on how to care for yourself or someone in your house with COVID-19, visit How to Care for a COVID-19 Patient at Home.
    - ALL health care workers must be assessed before returning to work. If you are a healthcare worker, please view COVID-19 Return to Work Guide for AHS Healthcare Workers .

If You Receive Notice of Negative Test Results for COVID-19

- If your test results for COVID-19 are negative;
    - You can resume normal activities only if it has been **10 days or more** since your symptoms started, or your symptoms have now resolved, whichever is longer.
    - If it has been **less than 10 days** since your symptoms started, continue to self-isolate until it has been 10 days or more since your symptoms started, and continue to follow good respiratory etiquette, good hand hygiene and self-monitor for symptoms of COVID-19*. If you develop any of these symptoms contact Health Link at 811.
    - ALL healthcare workers must be assessed before returning to work. If you are a healthcare worker, please view COVID-19 Return to Work Guide for AHS Healthcare Workers.

*Symptoms of COVID-19 include:

- Fever
- Cough
- Runny nose
- Shortness of breath or difficulty breathing
- Sore throat

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

036. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
NEW MASS GATHERING RESTRICTIONS

UPDATED: March 27, 2020 at 3:45 pm / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#p22780s6

New Mass Gathering Restrictions

Albertans are prohibited from gathering in groups of more than 15 people in both indoor and outdoor spaces:

- All gatherings, indoor or outdoor, over 15 people must be cancelled
- Gatherings in outdoor public spaces are limited to groups of 15 people in one location and must observe 2-metre social distancing requirements
- Outdoor spaces where individuals or families are walking and
- Access to all public recreation facilities, private entertainment facilities, bars and nightclubs is prohibited
- All dine-in services are prohibited
- Access to retail, clothing and gaming stores is prohibited
- Visitation to long-term care and other continuing care facilities is limited to essential visitors only
- Albertans are prohibited from accessing close contact personal services

View all mass gathering restrictions: https://www.alberta.ca/restrictions-on-gatherings-and-businesses.aspx

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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037. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
INFO FOR RENTERS

UPDATED: March 27, 2020 at 3:45 pm / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#p22780s6

New Mass Gathering Restrictions

New protections are in place for residential and mobile homes site tenants facing financial hardship due to COVID-19:

- Tenants cannot be evicted for non-payment of rent and/or utilities before May 1, 2020.
- Rents on residential properties or mobile home sites will not increase while Alberta's State of Public Health Emergency remains in effect.
- Late fees cannot be applied to late rent payments until June 30 and cannot be collected retroactively for this time.
- Landlords and tenants need to work together to develop payment plans while COVID-19 is being managed.
- Landlords can still file applications and receive orders for possession if the reason for the eviction is unrelated to rent and/or utility payments, or if a tenant refused to negotiate or comply with a payment plan.

Resources:

Suspending Eviction Enforcement: https://www.alberta.ca/assets/documents/COVID-19-suspending-eviction-enforcement.pdf

Rent Payment Plans: https://www.alberta.ca/assets/documents/COVID-19-rent-payment-plans.pdf

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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038. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
PERSONAL SERVICE RESTRICTIONS

UPDATED: March 27, 2020 at 3:45 pm / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/restrictions-on-gatherings-and-businesses.aspx

Personal Service Restrictions

Albertans are prohibited from accessing close contact personal services, including personal services facilities, cosmetic enhancement services, wellness studios and clinics, non-emergency and non-critical health services.

Personal services facilities and cosmetic enhancement services include:

- esthetics
- manicure
- pedicure
- body waxing
- make-up
- body, nose and ear piercing
- tattoos
- artificial tanning and spray tanning
- hairstyling
- barbering
- facial treatments
- eyebrow and eyelash treatments
- laser hair and tattoo removal
- cosmetic skin and body treatments

Wellness studios and clinics include:

- floatation tanks
- colonic irrigation
- massage
- reflexology

Non-emergency and non-critical health services provided by regulated health professionals or registered professionals include any non-emergency or non-urgent:

- dentistry
- physiotherapy
- massage
- foot care and podiatry
- acupuncture and acupressure
- chiropractic services
- naturopathy

Enforcement

If you violate this public health order and proceed to hold an event with more than 15 attendees, you may be subject to a fine. You can submit a complaint to AHS public health inspectors if you are concerned an establishment is not following public health orders.

Submit a complaint to: https://ephisahs.microsoftcrmportals.com/create-case/

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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039. COVID-19 INDIGENOUS SERVICES CANADA EXTERNAL ADVISORY
COVID-19 AND INDIGENOUS COMMUNITIES

UPDATED: March 27, 2020 / **ORIGINAL SOURCE:** Indigenous Services Canada

WEBLINK: https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298#chap1

COVID-19 and Indigenous Communities

The Government of Canada supports First Nations and Inuit communities in preparing for, monitoring and responding to communicable disease emergencies, including pandemic influenza and other emerging infectious diseases, such as the new coronavirus called COVID-19.

Click website link to view these topics: https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298#chap1aa

- How to avoid infection
- Handwashing and drinking water advisories
- How to prepare
- What to do if you are sick
- How we have prepared
    - Public service announcements about COVID-19
    - Indigenous Services Canada's preparedness and response to COVID-19
        - General approach
        - Preparedness
        - Health human resources
        - Infrastructure
        - Infection prevention and control
        - Medical transportation
        - Governance
        - Communications and surveillance
- How Indigenous Services Canada(ISC) protects against public health threats
- How the Government of Canada is supporting Indigenous communities
    - Indigenous Community Support Fund
    - COVID-19 First Nations Community Guide on Accessing Additional Supports
    - COVID-19: Indigenous Services Canada Update
    - Existing services and programs
    - Floods and fires
- Who to contact for more information and help

Mary Kapelus, Assistant Deputy Minister at Indigenous Services Canada, explains how Indigenous people can access support through Canada's COVID-19 Economic Response Plan. Watch the video message from Assistant Deputy Minister Mary Kapelus of Indigenous Services Canada "COVID-19 How Indigenous Peoples can access services and new benefits":

https://www.youtube.com/watch?v=gPkDOiiMVUk&feature=share&fbclid=IwAR31kEmdKa8Ixe5SehZyCgr4Vji5I6VGDRPYQ27GTPg5QJIBHeIjHanooZ0

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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041. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY
HOW TO CARE FOR A CHILD WITH COVID-19 AT HOME

AS OF: March 29, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada / **WEBLINK:** https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-child-with-covid-19-at-home-advice-for-caregivers.html

How to Care for a Child with COVID-19 at home: Advice for caregivers

Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization. If you are caring for a child who has suspected or probable COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community. Download the poster at: https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/how-to-care-for-child-with-covid-19-at-home-advice-for-caregivers/how-to-care-for-child-with-covid-19-at-home-advice-for-caregivers.pdf

Symptoms of COVID-19

- Fever
- Cough
- Difficulty breathing

Monitor your child for symptoms

- Monitor your child's symptoms as directed by your healthcare provider or Public Health Authority.
- Watch for worsening symptoms, such as fast breathing, difficulty breathing, confusion, an inability to recognize you, chills from fever or fever that will not come down with fever-reducing medication (e.g. ibuprofen, acetaminophen) for more than 12 hours.
- **IF YOUR CHILD DEVELOPS SEVERE SYMPTOMS, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER**
- If calling an ambulance, tell the dispatcher that the child has COVID-19. If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has COVID-19.

Keep your hands clean and avoid spreading infections to others:

- Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Do not share food and drinks.
- Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- For breastfeeding mothers: given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding. Wear a face mask to avoid exposure to the disease.
- If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.

Keep your environment clean

- Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the child can be washed with other laundry. Gloves and a face mask should be worn when in direct contact with contaminated laundry.
- At least once daily, use an approved hard-surface disinfectant to disinfect surfaces that people in the home touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

Monitor yourself for symptoms

- Monitor yourself for symptoms and follow any advice provided by your local public health authority about self-isolating.
- If you develop even mild symptoms, isolate yourself as quickly as possible and contact your local Public Health Authority for further instructions.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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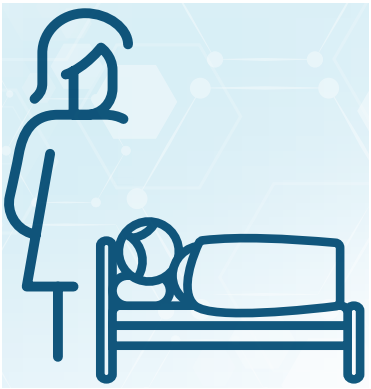
CORONAVIRUS DISEASE (COVID-19): HOW TO CARE FOR A CHILD WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has suspected or probable COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community.

Symptoms of COVID-19

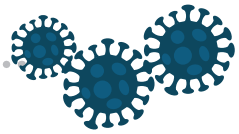
☐ Fever ☐ Cough ☐ Difficulty breathing

Monitor your child for symptoms

- Monitor your child's **symptoms** as directed by your healthcare provider or **Public Health Authority**.
- Watch for worsening symptoms, such as fast breathing, difficulty breathing, confusion, an inability to recognize you, chills from fever or fever that will not come down with fever-reducing medication (e.g. ibuprofen, acetaminophen) for more than 12 hours.
- **IF YOUR CHILD DEVELOPS SEVERE SYMPTOMS, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER**
- If calling an ambulance, tell the dispatcher that the child has COVID-19. If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has COVID-19.

Keep hands clean

- **Wash your hands** and those of your child often with soap and water for at least 20 seconds, especially after any type of contact with the child (e.g. changing diapers) and after removing gloves.
- If soap and water are not available and if your hands do not look dirty, use an alcohol-based sanitizer (ABHS) that contains at least 60% alcohol. If hands look dirty, remove dirt with a wet wipe first, then use ABHS.
- Dry hands with disposable paper towels.
- If not available, use a reusable towel and replace it when it becomes wet. Do not share.
- Avoid touching your eyes, nose and mouth with unwashed hands and encourage your child not to touch their face, either.



Avoid spreading infection to others

- Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Do not share food and drinks.
- Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- For breastfeeding mothers: given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding. Wear a face mask to avoid exposure to the disease.
- If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.

Public Health Agency of Canada | Agence de la santé publique du Canada

Canada

Keep your environment clean

- Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the child can be washed with other laundry. Gloves and a face mask should be worn when in direct contact with contaminated laundry.
- At least once daily, use an **approved hard-surface disinfectant** to disinfect surfaces that people in the home touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes

Protect yourself

- Only one healthy person should provide care for the child, but everyone in your home should follow this guidance.
- People who are at higher risk of serious illness from COVID-19 should not care for a child with COVID-19. These include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.
- If you need to be within 2 metres of the child, wear a face mask, disposable gloves and eye protection.
- Do not re-use face masks or gloves.
- If possible, the child should also wear a face mask when you are caring for them and be encouraged not to touch their face or mask.

Monitor yourself for symptoms

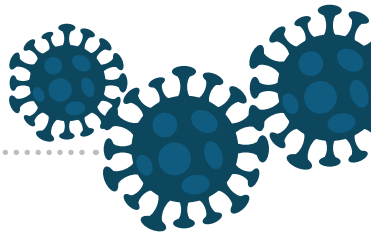
- Monitor yourself for symptoms and follow any advice provided by your local public health authority about **self-isolating**.
- If you develop even mild symptoms, **isolate** yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.

Maintain these supplies

- ☐ Face masks (do not re-use)
- ☐ Eye protection (face shield or goggles) for use by caregiver
- ☐ Disposable gloves (do not re-use) for use by caregiver
- ☐ Disposable paper towels
- ☐ Tissues
- ☐ Waste container with plastic liner
- ☐ Thermometer
- ☐ Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- ☐ Running water
- ☐ Hand soap
- ☐ Alcohol-based hand sanitizer containing at least 60% alcohol
- ☐ Dish soap
- ☐ Regular laundry soap
- ☐ Regular household cleaning products
- ☐ One-step cleaner/disinfectant
- ☐ Hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- ☐ Alcohol prep wipes

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

FOR MORE INFORMATION:



Visit **Canada.ca/coronavirus** or contact **1-833-784-4397**

042. COVID-19 ISC EXTERNAL ADVISORY
PUBLIC SERVICE ANNOUNCEMENTS ABOUT COVID-19 CREE AND ENGLISH

SEND DATE: March 31, 2020 / **ORIGINAL SOURCE:** Indigenous Services Canada (ISC)

WEBLINK: https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813

kistêyihtâkwan wîhtamakêwin kiki nêhiyaw mâmawâyâwinihk ohci COVID-19

ôma askiy-nīnahk nanâtawihiwêwin pimipayihtâwin ohci kânata kakâyawi-nâkatohkâtam ôma ka-itahkamikahk ohci COVID-19 – ôma novel coronavirus.

kahkiyaw kî-ayânaw atoskâtamakêwin ta-kipihtinamahk ôhi sisiwê-âhkosiwina pîhci mâmawâyâwinihk – ta-manâcîhisôyahk, kî- wâhkômâkanânak, êkwa êkwâniki kiki mâmawaci ka-sôhkêyihtâkwa.

mâmawi, ka-kî-otininow tahto ôhi yahkohtêwina ta-kî-pêyâhtak ispitênow sisiwê ohci COVID-19 ta-âhkamêyihtamahk pêyahtak nawasônikêwin nawac piko wâhyawês kîspin awiyak ka-wî-nakiskawit:

- miyâska sîkiskâtowinihk;
- miyâska namôy-nitawêyihtâkwan mâmawâyâwinihk êkwa mâmawi-isîhcikêwina;
- miyâska atamiskâkêwin;
- wâhyawês mîna kanakê nîso kîskipitonahk iyikohk (nânitaw nîso metres) ohci kotakak, kakwê-tâpitawi;
- âciwinikê cîk-âyâwin asici ayisiyiniw kiki mâmawaci ka-sôhkêyihtâkwa (e.g. kêhtê-ayak êkwa êkwâniki asici kotaka âhkosiwina).

Êkwa, wâh-wîpac kisîpêkicihcêk, ôstostota mîna câhcâmo atâmihk kispiton, wêpina ka-âpacihcikâtêk sînihkomakan sêmâk, kanâcihtâ mîna kisîpêkina ka-mamawi âpacihtâhk kîkway mîna manâcihta kiskîsikwa kawiya ta-kakwê mâsihtâyin, kiskiwan ahpô kitôn.

Kiki ayiwâk kiskêyihtamohiwêwin ohci novel coronavirus kiyokê kânata.ca/coronavirus ahpô sêwêpicikê kânata kihci-okimânâhk mosci pîkiskwêwin ita 1-833-784-4397.

Wîhtamâkêwin ohci kânata kihci-okimânâhk

See attached for Cree & English PDF

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

@CPHO_Canada (Follow Canada's Chief Public Health Officer Dr. Theresa Tam on Twitter)

@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

Important Message for Indigenous Communities regarding COVID-19

- The Public Health Agency of Canada is actively monitoring the situation regarding COVID-19 - the novel coronavirus.
- We all have a role to play to prevent the spread of germs within our communities – to protect ourselves, our families, and those at higher risk.
- Together, we can take the following steps to slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other:
    - Avoid crowded places;
    - Avoid non-essential community and cultural gatherings;
    - Avoid handshakes;
    - Keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible;
    - Limit contact with people at higher risk (e.g. older adults and those with other health conditions).
- Also, wash your hands often, cough and sneeze into your arm, throw out used tissues right away, clean and disinfect shared surfaces and avoid touching your eyes, nose or mouth.
- For more information about the novel coronavirus visit Canada.ca/coronavirus or call the Government of Canada's toll free line at 1-833-784-4397.
- A message from the Government of Canada

kistêyihtâkwan wîhtamakêwin kiki nêhiyaw mâmawâyâwinihk ohci COVID-19

- ôma askiy-nīnahk nanâtawihiwêwin pimipayihtâwin ohci kânata kakâyawi-nâkatohkâtam ôma ka-itahkamikahk ohci COVID-19 - ôma novel coronavirus.
- kahkiyaw kî-ayânaw atoskâtamakêwin ta-kipihtinamahk ôhi sisiwê-âhkosiwina pîhci mâmawâyâwinihk – ta-manâcîhisôyahk, kî-wâhkômâkanânak, êkwa êkwâniki kiki mâmawaci ka-sôhkêyihtâkwa.
- mâmawi, ka-kî-otininow tahto ôhi yahkohtêwina ta-kî-pêyâhtak ispitênow sisiwê ohci COVID-19 ta-âhkamêyihtamahk pêyahtak nawasônikêwin nawac piko wâhyawês kîspin awiyak ka-wî-nakiskawit:
    - miyâska sîkiskâtowinihk;
    - miyâska namôy-nitawêyihtâkwan mâmawâyâwinihk êkwa mâmawi-isîhcikêwina;
    - miyâska atamiskâkêwin;
    - wâhyawês mîna kanakê nîso kîskipitonahk iyikohk (nânitaw nîso metres) ohci kotakak, kakwê-tâpitawi;
    - âciwinikê cîk-âyâwin asici ayisiyiniw kiki mâmawaci ka-sôhkêyihtâkwa (e.g. kêhtê-ayak êkwa êkwâniki asici kotaka âhkosiwina).

- Êkwa, wâh-wîpac kisîpêkicihcêk, ôstostota mîna câhcâmo atâmihk kispiton, wêpina ka-âpacihcikâtêk sînihkomakan sêmâk, kanâcihtâ mîna kisîpêkina ka-mamawi âpacihtâhk kîkway mîna manâcihta kiskîsikwa kawiya ta-kakwê mâsihtâyin, kiskiwan ahpô kitôn.

- Kiki ayiwâk kiskêyihtamohiwêwin ohci novel coronavirus kiyokê kânata.ca/coronavirus ahpô sêwêpicikê kânata kihci-okimânâhk mosci pîkiskwêwin ita 1-833-784-4397.

- Wîhtamâkêwin ohci kânata kihci-okimânâhk

043. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
CORPORATE REGISTRY CHANGES

AS OF: March 31, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

COVID-19 response to Corporate Registry Changes

Corporate Registry changes

In keeping with public gathering restrictions, deadlines are suspended for corporations, partnerships, cooperatives and non-profit organizations to hold annual general meetings and file their annual returns

These groups will remain active in Alberta, and will not have their corporations, partnerships, cooperatives or non-profit organizations dissolved due to failing to file annual returns.

Learn More at: https://www.alberta.ca/corporations-cooperatives-organizations-annual-returns.aspx

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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044. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY
FALSE AND MISLEADING CLAIMS

AS OF: March 31, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada

WEBLINK: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink#f

False and misleading cliams

We have not approved any product to prevent, treat or cure COVID-19. Selling unauthorized health products or making false or misleading claims to prevent, treat or cure COVID-19 is illegal in Canada. We take this matter very seriously and we are taking action to stop this activity.

We have also not approved any disinfectant products with claims specific to COVID-19. However, authorized disinfectant products can make a claim of broad spectrum of activity against viruses if they meet specific evidence standards. We are working with companies and we will publish a list of disinfectant products that can make this claim to help Canadians make effective choices.

We encourages anyone who has information regarding potential non-compliant sale or advertising of any health product claiming to treat, prevent or cure COVID-19, to report it using our online complaint form at https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html

Public information gathered for distribution courtesy of KTC Admin

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- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
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045. COVID-19 WHO EXTERNAL ADVISORY
HEALTHY PARENTING IN THE TIME OF COVID-19

AS OF: March 31, 2020 / **ORIGINAL SOURCE:** World Health Organization

WEBLINK: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

Healthy Parenting in the time of COVID-19

To help parents interact constructively with their children during this time of confinement, these six one-page tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19. Use them to your and your kids' advantage, and have fun in doing so.

Attached posters:

1. **One-on-One Time:**
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tipsheet1-updated.pdf?sfvrsn=788a73e3_2
2. **Keeping it Positive:**
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tipsheet1-updated.pdf?sfvrsn=788a73e3_2
3. **Structure Up:**
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-3-covid-19-parenting.pdf?sfvrsn=492ecf57_6
4. **Bad Behaviour:**
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tipsheet4-updated.pdf?sfvrsn=9257f2f6_2
5. **Keep Calm and Manage Stress:**
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_6
6. Talking about COVID-19:
   https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-6-covid-19-parenting.pdf?sfvrsn=232558c1_8

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FOR MORE INFORMATION ON COVID-19

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- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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- @AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

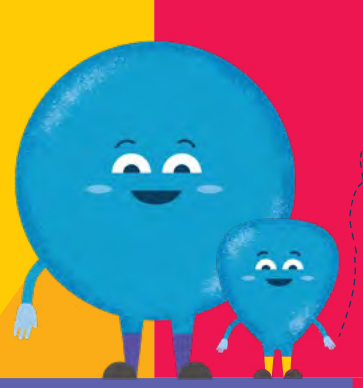
1 COVID-19 PARENTING
One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

World Health Organization · unicef for every child · End Violence Against Children · Internet of Good Things · Parenting for Lifelong Health · USAID From the American People · Accelerate Adolescent Success Africa · CDC Centers for Disease Control and Prevention

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2 COVID-19 PARENTING
Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

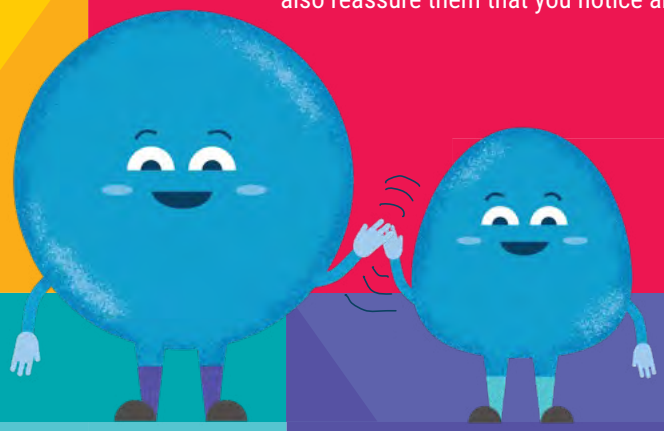
Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



Get real

Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links:

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3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines.
This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.

Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.

Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

You are a model for your child's behavior

- If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

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4 COVID-19 PARENTING Bad Behavior

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

Redirect

- Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."

Take a Pause

Feel like screaming?
Give yourself a 10-second pause.
Breathe in and out slowly five times. Then try to respond in a calmer way.

Millions of parents say this helps - A LOT.

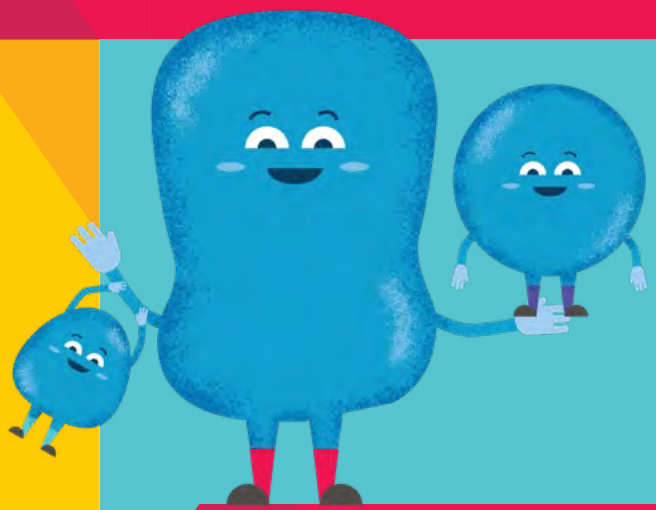
Use consequences

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

- Give your child a choice to follow your instruction before giving them the consequence.
- Try to stay calm when giving the consequence.
- Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

Keep using Tips 1-3

- One-on-One time, praise for being good, and consistent routines will reduce bad behaviour.
- Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!



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5 COVID-19 PARENTING
Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

Step 1: Set up
- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

Step 2: Think, feel, body
- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

Step 3: Focus on your breath
- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath for a while.

Step 4: Coming back
- Notice how your whole body feels.
- Listen to the sounds in the room.

Step 5: Reflecting
- Think 'do I feel different at all?'.
- When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

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6 COVID-19 PARENTING
Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

Be open and listen

Allow your child to talk freely. Ask them open questions and find out how much they already know.

Be honest

Always answer their questions truthfully. Think about how old your child is and how much they can understand.

Be supportive

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

It is OK not to know the answers

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!

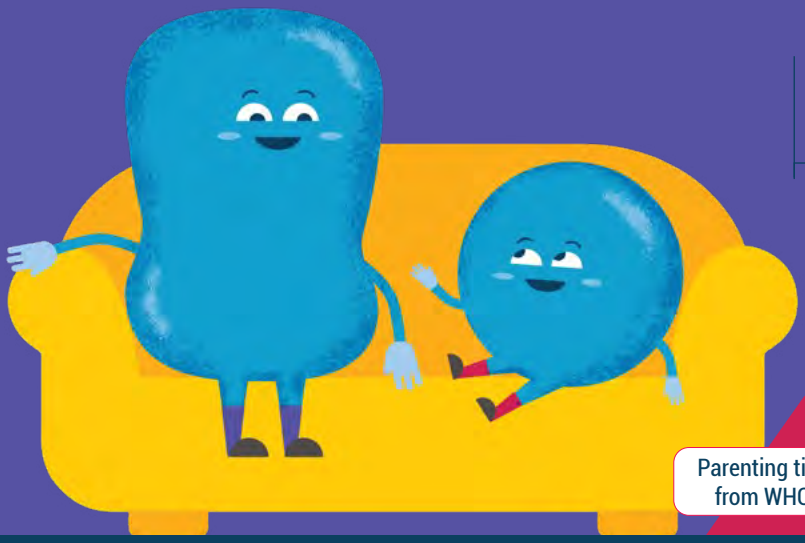
Heroes not bullies

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

Look for stories of people who are working to stop the outbreak and are caring for sick people.

There are a lot of stories going around

Some may not be true. Use trustworthy sites:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public
and
https://www.unicef.org/coronavirus/covid-19
from WHO and UNICEF.



End on a good note

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

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046. COVID-19 AHS EXTERNAL ADVISORY
USING TECHNOLOGY TO CONNECT

AS OF: April 2, 2020 / **ORIGINAL SOURCE:** Alberta Health Services / **WEBLINK:**

https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-connecting-with-tech.pdf

Using Technology to connect with your loved ones

Technology is an easy way to stay connected with your loved ones. Social distancing does not mean social isolation. Now, more than ever, we need to find smart ways to stay connected. All sorts of online options exist to make it easy and convenient to stay in touch with loved ones. While no technology can take the place of in-person human interaction, video chat services like Skype, or Internet-based communication channels such as e-mail and social media, can facilitate social interactions when visits with friends and family are limited, or not possible.

Technologies to Stay Connected

Phones
Calling loved ones is a great way to keep in touch, and with cell phone plans with nationwide minutes, families can connect across the globe.

Skype
Skype has revolutionized the ways that families stay in touch, making it easy to make free video calls from anywhere in the world with an Internet connection. Skype can be downloaded on a phone, laptop or tablet.

Google Duo
Google Duo is another option to Skype that can be easily downloaded on a laptop, phone or a tablet. The Google Duo is the highest quality video calling application that is simple and reliable to use.

Facebook
Let your loved ones know how you are doing with a quick update or message during the day.

Facebook Messenger
At this time, when most people are on Facebook, they also have access to Messenger. Messenger has convenient features like texting, video and voice messaging that can be used free Wi-Fi.

Apple Face-Time
Iphones have the convivence of using Face-Time as a way to connect face to face at any time from any place. Face-Time functionality is already built in and can be used at a touch of a button.

E-Mail
E-Mails are not as personal as a face-to-face conversation or hearing someone's voice on the phone, but it is an easy way to stay in touch if you don't have time to talk. A quick e-mail can help pass the time and make everyone feel connected.

Texting
Texting is a great way to check-in and lets your loved ones know you are thinking of them at a moment's notice. Sending a quick hello is an easy way to make someone's day.

See attached instructions on how to Download – Video Messaging through Skype, Apple Face Time and Google Duo.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
- @CPHO_Canada (Follow Canada's Chief Public Health Officer Dr. Theresa Tam on Twitter)
- @AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

047. COVID-19 AHS EXTERNAL ADVISORY
MENTAL WELLNESS MOMENT

AS OF: April 2, 2020 / **ORIGINAL SOURCE:** Alberta Health Services

WEBLINK: https://www.albertahealthservices.ca/topics/Page17012.aspx

Mental Wellness Moment, Dr. Nicholas Mitchell

As we protect ourselves and others from COVID-19, we also need to protect ourselves from loneliness. In his Mental Wellness Moment, Dr. Nicholas Mitchell explains how to maintain important relationships during a time of self-isolation and social distancing.

CLICK IMAGE TO WATCH

Video link:
https://www.youtube.com/watch?list=PLi1tOF1I5ZoUVdu5tVzAqjOxblGbEXr9q&time_continue=1&v=p5D5qPYLxZQ&feature=emb_logo

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
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- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
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048. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
MASS GATHERING RESTRICTIONS UPDATE

AS OF: April 1, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#p22780s6

Mass gathering restrictions

Albertans are prohibited from gathering in groups of more than 15 people in both indoor and outdoor spaces:

- All gatherings, indoor or outdoor, over 15 people must be cancelled.
- Gatherings in outdoor public spaces are limited to groups of 15 people in one location and must observe 2-metre physical distancing requirements.
- In outdoor spaces where individuals or families are walking, people must observe 2-metre physical distancing requirements.
- Access to all public recreation facilities, private entertainment facilities, bars and nightclubs is prohibited.
- All dine-in services are prohibited.
- Retail, clothing and gaming stores are prohibited from offering services in facilities accessible by the public.
- Visitation to long-term care and other continuing care facilities is limited to essential visitors only
- Close contact personal services are restricted from providing services to Albertans.

View all mass gathering restrictions at: https://www.alberta.ca/restrictions-on-gatherings-and-businesses.aspx

Last updated: April 1 at 10 am

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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049. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
INFO FOR SENIORS AND OTHER VULNERABLE GROUPS

AS OF: April 2, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#p22780s6

Info for seniors and other vulnerable groups

Individuals over 60 years of age and those with pre-existing health conditions are most at risk of severe symptoms from COVID-19.

Continuing care, long-term care and seniors lodges

To prevent the spread of respiratory viruses, including COVID-19, among seniors and vulnerable groups:

- Visitors to any continuing care, long-term care and seniors lodges in Alberta are limited to essential visitors only.
- Each essential visitor must be verified and undergo a health screening prior to entering the facility. This includes a temperature check and a questionnaire.
- Facilities must have security staff or a greeter to conduct this screening and verify the visitor is designated.
- Exceptions to these essential visitor rules will be made for family members to visit a person who is dying, so long as only one visitor enters the facility at a time.

See guidance on visitation restrictions for continuing care, long-term care and seniors lodges: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#p22780s6

Updated operational standards for facilities

Updated requirements have been established for licensed supportive living, long-term care facilities and service providers licensed under the *Mental Health Services Protection Act*.

These expectations are for all operators or service providers, residents, staff, as well as any essential visitors of these facilities.

See Updated Operational Standards: https://www.alberta.ca/assets/documents/covid-19-updated-operational-standards.pdf

New outbreak control standards for facilities

A new public health order establishes rules for operators, managers and staff at congregate health settings on how to respond to an outbreak of COVID-19. These standards and directions apply to all hospitals, nursing homes, designated supportive living and long-term care facilities, seniors lodges and facilities in which residential addiction treatment services are offered.

Support for seniors at home

Seniors can contact 211 if they need help finding resources in their community. 211 is a comprehensive referral system accessible to all Albertans.

Call or text 2-1-1, or visit ab.211.ca.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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050. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY
NATIONAL COVID-19 VOLUNTEER RECRUITMENT

SENT DATE: April 3, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada

WEBLINK: https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srfp/applicant/page1800?toggleLanguage=en&poster=1437722

National COVID-19 Volunteer Recruitment Campaign

Volunteer Recruitment - Various locations across Canada - Non remunerated as this is for volunteers

Closing date: 24 April 2020 - 23:59, Pacific Time / Who can apply: Persons residing in Canada.

Apply online at: https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srfp/applicant/page1800?toggleLanguage=en&poster=1437722

Important messages

National COVID-19 Volunteer Recruitment Campaign - We need you! The Government of Canada is working with provincial and territorial governments to respond to COVID-19. We are seeking volunteers to help in the following areas:

1. Case tracking and contact tracing;
2. Health system surge capacity;
3. Surveillance data collection and reporting.

We are building an inventory of volunteers from which provincial and territorial governments can draw upon as needed. We welcome ALL volunteers as we are looking for a wide variety of experiences and expertise. Please note that we have included a list of Yes/No questions that you will be asked to answer to so we can better match the volunteer work to be assigned. We thank you in advance for helping protect the health of Canadians. NOTE: Some jurisdictions have already asked for applications to cover surge capacity. If you have already applied directly to a call-out from your province, please do not apply to this national process. This will help to cut down on processing applications more than once.

Positions to be filled: Number to be determined

Other information

The Public Service Commission will collect your personal information for the purposes of recruiting volunteers for provincial and territorial public services to assist the COVID-19 response. We urge you to take note of the Privacy Notice Statement of the GC Jobs website. By providing your application to become a volunteer, you consent to the collection, use and disclosure of your information with the provincial and territorial authorities solely for the purpose of their needs of recruiting volunteers for the COVID-19 response.

It is to be noted that the use of the GC Jobs website for this posting is for the recruitment of volunteers in provincial and territorial public services and not for employee or volunteer positions within the Government of Canada. Please note that the preference mentioned below applies to federal public service positions only. It does not apply to this volunteer recruitment campaign.

We thank all those who apply. Only those selected for further consideration will be contacted.

Contact information

For questions about the COVID-19 Volunteer Recruitment Campaign

hc.covidvolunteer-benevolecovid.sc@canada.ca

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
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- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
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051. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY
PREGNANCY, CHILDBIRTH AND CARING FOR NEWBORNS

AS OF: April 1, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada

WEBLINK: https://www.canada.ca/en/public-health/services/publications/diseases-conditions/pregnancy-advise-mothers.html

Pregnancy, childbirth and caring for newborns: advice for mothers (COVID-19)

Pregnancy

COVID-19 is a new disease and we are still learning how it affects pregnant women. There is currently no evidence that suggests pregnant women are at a higher risk of becoming seriously ill from COVID-19. There is currently no evidence that a developing child could be negatively affected by COVID-19. Throughout pregnancy, women experience changes in their bodies that may increase the risk of other illnesses, such as viral **respiratory infections**. This is why it is important for pregnant women, especially those at high risk of developing severe complications, should take the following precautions to protect against the possibility of becoming ill:

- **Stay home** as much as possible, except for important medical appointments.
- **Talk to your doctor, obstetrician or midwife** about the possibility of telephone or videoconference appointments.
- **Avoid unnecessary visitors** to your home.
- Wash your hands often with soap and water for at least 20 seconds or, if not available, use alcohol-based hand sanitizer.
- **Practice** physical distancing. Keep a distance of at least two metres from others.
- **Avoid touching** your mouth, nose, and eyes.
- **Avoid crowded places and peak-hours.** Make limited trips to the store for essentials
- **Avoid travel by public transit.**

If you have travelled outside of Canada, had close contact with someone who has or is suspected to have COVID-19 in the last 14 days, you need to self-isolate. If you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19, you must isolate at home.

Childbirth

There is currently **no evidence of mother-to-child transmission** through childbirth when the mother gets COVID-19 in the third trimester.

- If you plan to give birth in a hospital or birth centre, learn about the policies in place.
  - Most hospitals and birth centres have reduced visitors or a no-visitor policy.
  - In most cases, only one support person may permitted.
  - Your support person is not considered a visitor.
- If you plan to give birth at home, talk to your midwife about:
  - whether homebirths are still an option in your province or territory during the pandemic; and,
  - precautions to take to ensure your home environment is safe.
- If you have COVID-19, talk to your health care provider about the preferred birth plan. The birth plan should be individualized and based on your preferences, the safety of the care provider, as well as obstetric recommendations.
- Your health care provider will consult perinatal (immediately before birth), neonatal (after birth), infectious disease and intensive care specialists, as required.

Breastfeeding

If you or your child have suspected, probable or confirmed COVID-19, you can stay together in the same room if preferred, especially during the establishment of breastfeeding. Breastfeeding lowers your baby's risk of infection and illness throughout infancy and childhood. The virus that causes COVID-19 has not been found in breast milk and it is **unlikely that COVID-19 can be transmitted while breastfeeding.** If you have suspected, probable or confirmed COVID-19, you must isolate yourself in your home as much as possible; this includes practicing physical distancing in your home, with the only exception being the baby. You should take all possible precautions to avoid spreading the virus to your baby. See attached poster or view online for more information: https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/pregnancy-advise-mothers/pregnancy-advise-mothers-eng.pdf

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

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@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

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CORONAVIRUS DISEASE (COVID-19) PREGNANCY, CHILDBIRTH AND CARING FOR NEWBORNS: ADVICE FOR MOTHERS

COVID-19 is a new disease and we are still learning how it affects pregnant women. There is currently no evidence that suggests pregnant women are at a higher risk of becoming seriously ill from COVID-19. There is currently no evidence that a developing child could be negatively affected by COVID-19.

Throughout pregnancy, women experience changes in their bodies that may increase the risk of other illnesses, such as viral **respiratory infections**. This is why it is important for pregnant women, especially those at high risk of developing severe complications, should take the following precautions to protect against the possibility of becoming ill:

- **Stay home** as much as possible, except for important medical appointments.
- **Talk to your doctor, obstetrician or midwife** about the possibility of telephone or videoconference appointments.
- **Avoid unnecessary** visitors to your home.
- **Wash your hands** often with soap and water for at least 20 seconds or, if not available, use alcohol-based hand sanitizer.
- **Practice physical distancing**. Keep a distance of at least two metres from others.
- **Avoid touching** your mouth, nose, and eyes.
- **Avoid crowded places and peak-hours.** Make limited trips to the store for essentials
- **Avoid travel by public transit.**

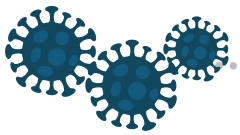
If you have travelled outside of Canada, had close contact with someone who has or is suspected to have COVID-19 in the last 14 days, you need to **self-isolate**.

If you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19, you must **isolate at home**.

Childbirth

There is currently **no evidence of mother-to-child transmission** through childbirth when the mother gets COVID-19 in the third trimester.

- If you plan to give birth in a hospital or birth centre, learn about the policies in place.
  - Most hospitals and birth centres have reduced visitors or a no-visitor policy.
  - In most cases, only one support person may permitted.
  - Your support person is not considered a visitor.
- If you plan to give birth at home, talk to your midwife about:
  - whether homebirths are still an option in your province or territory during the pandemic; and,
  - precautions to take to ensure your home environment is safe.
- If you have COVID-19, talk to your health care provider about the preferred birth plan. The birth plan should be individualized and based on your preferences, the safety of the care provider, as well as obstetric recommendations.
- Your health care provider will consult perinatal (immediately before birth), neonatal (after birth), infectious disease and intensive care specialists, as required.



Public Health Agency of Canada | Agence de la santé publique du Canada

Canada

Breastfeeding

If you or your **child** have suspected, probable or confirmed COVID-19, you can stay together in the same room if preferred, especially during the establishment of breastfeeding.

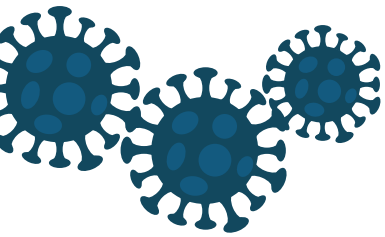
Breastfeeding lowers your baby's risk of infection and illness throughout infancy and childhood. The virus that causes COVID-19 has not been found in breast milk and it is unlikely that COVID-19 can be transmitted while breastfeeding.

If you have suspected, probable or confirmed COVID-19, you must **isolate yourself** in your home as much as possible; this includes practicing **physical distancing** in your home, with the only exception being the baby. You should take all possible precautions to avoid spreading the virus to your baby, which includes:

- **Wash your hands** often, especially before and after touching your baby or your other children.
- Wear a face mask that covers your mouth and nose. **Homemade fabric masks** are not medical devices. There is no evidence they protect you from virus-sized particles.
- Ensure the environment around you is clean and disinfected with **approved hard-surface disinfectants**.

If you are too ill to breastfeed, you are encouraged to:

- Feed the child with formula or expressed milk
- Ask an uninfected adult to feed the baby
- If using a breast pump, sterilize the equipment carefully before each use
- Don't share bottles or breast pump



Visitors

Visitors should be restricted or avoided during the period of physical distancing. You do not want anyone to inadvertently expose you to the virus. It is especially important not to have visitors if you or your child have suspected, probable or confirmed COVID-19.

Mental Health

Parents and caregivers who may need to be separated from their children, and children who may need to be separated from their primary caregivers as a result of illness from COVID-19, should consult appropriately trained health or non-health workers for mental health and psychosocial support. Contact your local **Public Health Authority** for assistance.

If you have concerns about COVID-19, talk to your doctor, obstetrician or midwife.

FOR RESOURCES ON COVID-19 AND PREGNANCY, VISIT:

www.sogc.org

FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397 **Canada.ca/coronavirus**

052. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
FAMILY VIOLENCE DURING COVID-19

SENT OUT: April 6, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Family violence during COVID-19 & Child neglect and abuse

Family Violence

If you or someone you know is at risk of family violence, help is available.

Call our 24-hour Family Violence Info Line at **310-1818** to get anonymous help in over 170 languages.

Other resources:

- Family violence during COVID-19 information sheet (attached) – link: https://www.alberta.ca/assets/documents/covid-19-family-violence-fact-sheet.pdf
- Find information on shelter and financial supports – link: https://www.alberta.ca/family-violence-find-supports.aspx
- Learn how to recognize and prevent family violence – link: https://www.alberta.ca/family-violence-prevention-resources.aspx

Child Neglect and Abuse

Children are at a higher risk for neglect and abuse during times of uncertainty and crisis.

Call the 24-hour child abuse hotline at **1-800-387-KIDS (5437)** if you think a child is being abused, neglected or sexually exploited.

Resources:

- Learn the signs of abuse – link: https://www.alberta.ca/what-is-child-abuse-neglect-and-sexual-exploitation.aspx

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

Family violence during COVID-19

Help is still available even if you are infected or in isolation

Family violence

Family violence is an abuse of power in a family or other trusting relationship where people rely on each other. When someone experiences family violence, their well-being, security and survival are threatened.

Rates of family violence increase during and following natural disasters, public health crises and economic downturns. It is important to know where you can turn if you are experiencing family violence during the COVID-19 pandemic.

Call 911 if you or someone you know is in immediate danger.

Police and RCMP will respond even if you have COVID-19 or are in self-isolation or quarantine and experiencing symptoms.

Child abuse

With the added stress and time together caused by a public health crisis like COVID-19, families with unhealthy relationships are more likely to experience child abuse. If you suspect child abuse, it is your duty to report it.

Children's Services will respond to cases throughout the COVID-19 pandemic. Call **1-800-387-KIDS (5437)** to report.

Elder abuse

As older adults are more at risk during the COVID-19 pandemic, there is an increased need for them to practice social distancing and self-isolation. This may make them more vulnerable to abuse.

The **Family Violence Info Line (310-1818)** can assist with information on elder abuse shelters and community resources. To learn more, visit alberta.ca/seniors-and-housing.aspx.

Family Violence Info Line

Call **310-1818.**
Available 24/7 in over 170 languages.

Chat online with the info line at alberta.ca/SafetyChat, available daily from 8 a.m. to 8 p.m. in English.

Social isolation

We are asking all Albertans to practice social distancing to help protect themselves and limit the spread of COVID-19. To protect yourself and others, keep at least six feet away from others when going out for groceries, medical trips and other essential needs.

Isolation is a risk factor for family violence. Many people who experience family violence use the support of friends and family to manage their situation.

To learn more visit alberta.ca/EndFamilyViolence

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Alberta

Social distancing and self-quarantine or isolation during the COVID-19 pandemic can make it more challenging to access valuable relationships, but there are ways to stay connected.

If you are in self-isolation, quarantine, lockdown or experiencing any COVID-19 symptoms, stay connected through phone, text, video chat or social media.

Find your supports

Personal supports

Being connected with friends and family helps people be more resilient. Consider different ways to stay with important people in your network.

Remember to support people in your community who are caring for others.

Supports for Albertans

Women's shelters, child advocacy centres, sexual assault centres and many other family violence supports are adapting to the COVID-19 pandemic to continue to offer support.

The **Family Violence Info Line** is available toll-free to all Albertans. They can connect you with resources available near you and help you make a safety plan. Call **310-1818** to get help 24/7 in over 170 languages.

An anonymous web chat is available daily from 8 a.m. to 8 p.m. at alberta.ca/SafetyChat.

What you can do

You can help support someone experiencing family violence by:

- Recognizing if someone is acting differently, seems out of character or is afraid or fearful
- Empathizing with the person experiencing family violence
- Asking what they need and how you can help them
- Listening to what they want and finding ways to stay connected

COVID-19 supports

More information about the Alberta government's response to COVID-19 can be found at alberta.ca/COVID19.

To learn more visit alberta.ca/EndFamilyViolence

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053. COVID-19 ISC EXTERNAL ADVISORY
ACCESSING FINANCIAL BENEFITS AND SUPPORT

SENT: April 9, 2020 / **ORIGINAL SOURCE:** Indigenous Services Canada / **WEBLINK:** www.canada.ca/coronavirus-info-indigenous

Accessing financial benefits and support during the COVID-19 outbreak

All Indigenous People have access to these financial benefits. First Nations, Inuit, Metis; regardless of where they reside.

IMPORTANT: Everyone is encouraged to file their 2018 income tax return to ensure they receive the benefits and credits to which they are entitled. To access some of the benefits on the attached pages, a tax return must be filed. ISC is working with CRA to explore simplified methods of accessing benefits.

For current and updated information – log into: https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298

The attached provides information on:

- **Support for individuals and families:**
  - Increasing the Canada Child Benefit
  - Special Goods and Services Tax credit payment
  - Extra Time to file income tax returns
  - Mortgage support

- **Support for people facing unemployment, who are sick, quarantined, impacted by self-isolation or unable to work:**
  - The new Canada Emergency Response Benefit
  - Improved access to Employment Insurance sickness benefits
  - Apply for Employment Insurance

- **Support for Indigenous communities and people who are vulnerable:**
  - A new Indigenous Community Support Fund
  - Enhancing the Reaching Home initiative
  - Support for women's shelters and sexual assault centres
  - Support for First Nations and Inuit Health
  - Support for Emergency Management on reserve

- **Support for Seniors:**
  - Reduced minimum withdrawals for Registered Retirement Income Funds

- **Support for students and recent graduates**
  - A pause on the repayment of Canada Student Loans

- **Support for businesses**

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

@CPHO_Canada (Follow Canada's Chief Public Health Officer Dr. Theresa Tam on Twitter)

@AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

COVID-19 UPDATE

Accessing financial benefits and support during the COVID-19 outbreak

On March 18, 2020, the Prime Minister announced a new set of economic measures to help stabilize the economy during this challenging period. These measures will provide up to $27 billion in direct support to Canadian workers and businesses.

All Indigenous People have access to these financial benefits.

First Nations, Inuit, Métis, regardless of where they reside

IMPORTANT

Everyone is encouraged to file their 2018 income tax return to ensure they receive the benefits and credits to which they are entitled. To access some of the benefits below, a tax return must be filed. ISC is working with CRA to explore simplified methods of accessing benefits.

Support for individuals and families

Increasing the Canada Child Benefit (must have filed your 2018 tax return)

- If you already receive the Canada Child Benefit payment and have an eligible child under your care in May 2020, you will receive $300 more per child in addition to your regular payment.
- **No need to re-apply.**
- To apply, click here or call 1-800-387-1193; or, for Yukon, Northwest Territories and Nunavut: 1-866-426-1527.

Special Goods and Services Tax credit payment (must have filed your 2018 tax return)

- There will be a one-time special Goods and Services Tax credit payment by early May available for low- and modest-income families.
- The average additional payment will be close to $400 for single individuals and close to $600 for couples.
- **There is no need to apply for this payment. If you are eligible, you are enrolled automatically when you file your income tax return.**

Extra time to file income tax returns

- For individuals (other than trusts), the tax return filing due date will be extended until June 1, 2020.
- When you file in your income tax return, if you owe money, payment will only be due September 1, 2020, and will not incur interest or penalties.

Mortgage support

- Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19.
- If that is your situation, **contact your financial institution** to ask about flexibility for a mortgage deferral.
- If a lender approves a payment deferral on a Ministerial Loan Guarantee, no extra approval from ISC is needed, unless the terms and conditions of the payment deferral exceed the existing Ministerial Loan Guarantee.

Support for people facing unemployment, who are sick, quarantined, impacted by self-isolation or are unable to work

The new Canada Emergency Response Benefit

- This new financial support, which provides a taxable benefit of $2,000 a month for up to 4 months, will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via telephone. More information will be shared soon. Click here for more information.
- Register for direct deposit on CRA's My Account for the quickest and most reliable way to get benefit and credit payments.

Improved access to Employment Insurance sickness benefits

- If you are sick, quarantined or have been directed to self-isolate, the Government of Canada will waive the requirement to provide a medical certificate to access EI sickness benefits. Click here to apply.

Apply for Employment Insurance

- Apply online first for regular EI benefits at Employment Insurance or call toll-free: 1-800-206-7218. You will be automatically enrolled in the Canada Emergency Response Benefit if you are eligible.

If you require assistance accessing services, please complete an online request. A Service Canada officer will contact you within 2 business days.

Canada.ca/service-canada-e-service

Support for Indigenous communities and people who are vulnerable

A new Indigenous Community Support Fund

- The Indigenous Community Support Fund will provide $305 million to help Indigenous communities prevent, prepare and respond to coronavirus disease 2019 (COVID-19).
- This funding will help Indigenous communities to address their unique priorities and needs such as support for Elders, food insecurity, educational and other support for children, mental health assistance and emergency response services.
- Through this fund, $290 million has been allocated to First Nations, Inuit and Métis communities., The remaining $15 million will be available for regional and urban Indigenous organizations supporting their members living away from their communities, and to regional organizations such as Friendship Centres and the Métis Settlements General Council of Alberta.
- A call for proposals will be launched shortly for the regional and urban Indigenous organizations fund.

Enhancing the Reaching Home initiative

- To support people across Canada experiencing homelessness during the COVID-19 outbreak by providing $157.5 million to the Reaching Home initiative.
- This support can help address needs such as purchasing beds and physical barriers for social distancing and securing accommodation to reduce overcrowding in shelters.
- Shelters and other non-profit organizations can apply for funding here.

Support for women's shelters and sexual assault centres

- Up to $50 million will be provided to women's shelters and sexual assault centres across Canada to help with their capacity to manage or prevent an outbreak in their facilities.
- This funding includes up to $10M to be provided to Indigenous Service Canada's network of 46 emergency shelters on reserve and in Yukon to support Indigenous women and children fleeing violence.

Support for First Nations and Inuit health

- Funding requests for community public health needs in First Nations and Inuit communities can be submitted to First Nations and Inuit Health Branch offices in each of the regions (in British Columbia, through the First Nations Health Authority).
- Funding applications can be for measures including but not limited to:
    - Identified needs to update and/or activate pandemic plans
    - Public health and primary health care capacity to respond to the COVID-19 outbreak
    - Align response efforts with evidence
    - Address immediate needs in the short term
- A community guide has been developed to assist First Nations with accessing these funds and regular discussions are occurring with the Inuit Public Health Task Group (comprised of Inuit representational organizations, federal and provincial and territorial governments).

Support for Emergency Management on reserve

- First Nation communities on reserve may need emergency assistance services that can be provided through the Emergency Management Assistance Program (EMAP).
- At this time, EMAP assistance is dedicated to ensure the immediate health and safety response of First Nations related to COVID-19, in addition to other expenses that would typically be supported by the EMAP.

Support for seniors

Reduced minimum withdrawals for Registered Retirement Income Funds

- A new measure in place to reduce the required minimum withdrawal amounts from Registered Retirement Income Funds (RRIFs) by 25% for 2020.

Support for students and recent graduates

A pause on the repayment of Canada Student Loans

- Effective March 30, we are placing a six-month interest-free pause on the repayment of Canada Student Loans for all student loan borrowers. No payment will be required and interest will not accrue during this time.
- **Students do not need to apply for the repayment pause.**

Support for businesses

There are also suite of measures which have been released to support businesses. These include support to avoid layoffs, access to credit, and more. Visit the Government of Canada's COVID-19 Economic Response Plan for details.

For more information, visit the Government of Canada's COVID-19 Economic Response Plan

054. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
CAREGIVER SUPPORT

SENT: April 16, 2020 / **ORIGINAL SOURCE:** Alberta Governement

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Caregiver Support

Nearly one million Albertans act as caregivers for loved ones experiencing challenges related to illness, disability or aging. These caregivers need support too.

Caregivers can get psychosocial and other peer and community supports by calling the toll-free caregiver advisor line at 1-877-453-5088 or going online to http://www.caregiversalberta.ca/

CARING FOR A LOVED ONE? YOU ARE NOT ALONE.

Do you assist a family member or friend with challenges resulting from illness, disability or aging? We're here for you.

As an organization of caregivers for caregivers, we understand how hard providing care can be. Whether you're looking for someone to talk to, trying to find resources, or want to better manage the stress of providing care—we can help.

COVID-19 UPDATE: Caregivers Alberta is still open and we will continue to offer support through our Caregiver Advisor and online programming (see our COVID-19 Resources Page: http://www.caregiversalberta.ca/covid-19-resources/).

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
- https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)
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- @AHS_Media (Follow Alberta Health Services & Alberta Chief Medical Officer Dr. Deena Hinshaw on Twitter)

055. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY
WELLNESS TOGETHER CANADA

SENT: April 16, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada

WEBLINK: https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

Wellness Together Canada

Wellness Together Canada: Mental Health and Substance Use Support

Introduction

We recognize the significant strain that COVID-19 has placed on individuals and families across the country. Many people are concerned about their physical and mental well being. Canadians are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life. Wellness Together Canada provides tools and resources to help get Canadians back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

Where to Start

Wellness Together Canada provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Click the 'Get Started' button below to create an account and answer a series of questions to guide you in choosing from a variety of tools and resources to get you back on track.

Online Resources: https://ca.portal.gs/

You can access educational resources and immediate support crisis lines without creating an account.

NEED IMMEDIATE SUPPORT?

If you are in crisis or require support right away, please choose from one of the crisis options below:

Youth: Text WELLNESS to 686868

Adults: Text WELLNESS to 741741

Call 911 if you are in immediate danger or need urgent medical support.

Helpful Resources

Canadians are resourceful and our population is diverse. To meet people's individual needs and preferences, we are offering a wide range of resources and support for Canadians. The resources below can be accessed without creating an account.

Youth: Strategies for getting through this together:
https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/

Adults: Strategies for coping with mental health and addictions:
https://homewoodhealth.com/corporate/covid-19-resources

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
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- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
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056. COVID-19 NATIVE COUNSELLING SERVICES OF AB EXTERNAL ADVISORY
NCSA PROGRAMS & SERVICES DURING COVID-19

AS OF: April 15, 2020 / **ORIGINAL SOURCE:** Native Counselling Services of Alberta (received by email)

WEBLINK: http://www.ncsa.ca/

NCSA Programs and Services During COVID-19

Native Counselling Services of Alberta's top priority is the health and safety of our clients, staff and communities during this challenging time. We remain committed to working to ensure your needs are met in the best and safest way possible and to updating you with changes to our services as soon as possible.

Our offices, programs and services have changed to continue to meet the needs of our clients during the Covid-19 outbreak. All client contact will be done over the phone only. We encourage everyone to follow social distancing requirements and to take good care of yourself and each other.

Please call the specific numbers below if you have questions about the changes or if you need support:

Courtworker Program:

- Central Region: (780) 423-2141
- South Region: (403) 237-7850
- Northeast Region: (780) 645-5250
- Northwest Region: (780) 532-9359

Family Services Program:

- Edmonton Family Services Programs: (587) 855-6732
- Stony Plain Family Services Programs: (780) 963-8749
- St Paul Family Services Programs: (780) 645-5250
- Edmonton Indigenous Housing First: (587) 855-6734

Cunningham Place: (780) 990-1120
Residential Health Support Workers: (780) 905-0848
Stan Daniels Healing Centre: (780) 495-3748
Buffalo Sage Wellness House: (780) 917-8110
BearPaw Legal Education and Media: (780) 451-4002
NCSA Head Office: (780) 451-4002

We will ensure a staff member returns your call to address your concerns as best we possibly can. Thank you for your continued work with us and for our communities.
Sincerely,
Dr. Allen Benson
Chief Executive Officer
Native Counselling Services of Alberta

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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057. COVID-19 AHS EXTERNAL ADVISORY
INDIGENOUS STOLLERY HOSPITAL EXPERIENCE INFO

AS OF: April 14, 2020 / **ORIGINAL SOURCE:** Alberta Health Services (received by email)

Indigenous Stollery Hospital Experience Info

Please see the attached document that was written to guide the Indigenous perspective when they come to stay or visit at the Stollery Children's Hospital.

Hopefully this will be helpful to those that might be confused or dismayed by the changes that has happened within the facility due to Covid.

Please share with your community members as needed.

Thank you and note that these guidelines are subject to change.

Have a great rest of your day and please let me know if you have any questions.

Chrystal Plante
Indigenous Child & Family Engagement Coordinator
Awasisak Indigenous Health
Stollery Children's Hospital

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

- 811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)
- https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)
- https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)
- https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)
- https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)
- https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)
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Indigenous Hospital Experience-Changes & Effects – Part I

Walking through the doors of the hospital has changed from what it used to be.

It can make some people feel nervous or intimidated with the new atmosphere.

Please be assured that all these changes are meant to ensure everyone's safety.

Stated below are some new experiences that may occur during your stay or visit.

Hospital Appearances

Physical appearance of the hospital has changed:

Less people around

Less table and chairs in the Cafeteria and cash is no longer accepted only debit and credit cards.

Meal Vouchers are now in the 1F1 Rehab area (By the big cafeteria area) from 8am-4pm. After 4pm they will be in the Admitting area. This will all be based on a Monday-Friday schedule.

Please note that some of the hotels have shut down their restaurants and alternative meal plans will have to be put in place

Front Entrance Screening Protocols

A screening process in place as soon as you walk in.

You will be greeted by workers who will be wearing a mask with a face shield, yellow gown and gloves.

They will ask you questions in regards to how you're feeling and where you are going. This is important for people's safety.

You will have to hand sanitize as you walk in.

Every time you go outside you have to hand sanitize when you come back in. This includes going out for a smoke

If needed, one of the Awasisak team members can meet you at the door to walk you through the process and take you to your unit

Contact Information:

Please call Chrystal Plante at 780-407-2314

****Please note that these guidelines are subject to change****
~April 14, 2020~

Indigenous Hospital Experience-Changes & Effects - Part II

Essential Visitor Guidelines

In the Children's hospital there will only be **1 Essential Visitor allowed.** Attached is a link with updated information

https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-covid19-infosht-visiting-pts-pandemic.pdf

Transportation

Taxis no longer pick up at the hospital and only in residential areas. Unless for example, Edmonton Referral, Big Stone Referral or North Peace makes the call for pick up.

There is now free parking in the parkades and surrounding areas of the hospital

It is encouraged to use the stairs as much as possible as it promotes social distancing better than elevators

Spiritual Services

Smudging ceremonies are still available through the Indigenous Health program with the Cultural Helpers. However, there is a limit of 5 people per ceremony and physical distancing is practiced

Our Stollery Chaplain is available for emotional/spiritual support for families from all faith and spiritual traditions. No religious services are being held at this time.

Although the hospital atmosphere and processes have changed, please know that the Awasisak team is here to support and help. Currently our office is closed to the public but we are available to connect by phone or email and we can come meet up within the hospital for those requiring assistance.

Contact Information:

Please call Chrystal Plante at 780-407-2314

****Please note that these guidelines are subject to change****
~April 14, 2020~

058. COVID-19 PHAC EXTERNAL ADVISORY
CORONAVIRUS DISEASE AND FOOD SAFETY

SENT: April 20, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada

WEBLINK: https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/covid19.html

Coronavirus disease (COVID-19) and food safety

Food safety during the COVID-19 pandemic

Scientists and food safety authorities around the world are closely monitoring the spread of COVID-19. There are currently no reported cases of COVID-19 being spread through food. If we become aware of a potential food safety risk, we will take appropriate actions to protect the safety of Canada's food supply.

Safe food practices

You can lower your risk of infection and kill the virus that causes COVID-19 by following safe food handling and cooking practices.

- Use common cleaning and disinfection methods to kill coronaviruses.
- Wash your hands with soap and warm water for at least 20 seconds before and after handling food and food packaging. If you do not have running water, use one of the approved hand sanitizers.
- Wash your fruits and vegetables under running water.
- Washing fresh produce with soap, chlorine or other chemicals is not recommended. Fresh produce is porous and can absorb chemicals that are not intended for you to eat.
- Cook your food to recommended safe internal temperatures. Coronaviruses are killed by normal cooking temperatures.
- Avoid cross-contamination of raw and ready-to-eat or cooked foods.
- Disinfect any surfaces that will come in contact with food.

Safe shopping: when you are out and when you get back

- Use these tips to keep you safe while grocery shopping and bringing your groceries home.
- Use hand sanitizers at the entrance of the store, if they are available.
- Bring your own clean reusable grocery bags (if permitted) or consider using bags provided at retail.
- Keep your distance from other people while shopping (at least 2 arms lengths, approximately 2 metres).
- Avoid touching items you are not going to take.
- Avoid touching your eyes, nose and mouth.
- Use hand sanitizers when exiting the store, if they are available.
- Wash your hands when you get back home.
- Put away your groceries, especially items requiring refrigeration.
- Wash your hands after handling food and food packaging.
- Use proper food handling and cooking practices

Safe home food delivery and online food shopping

Use these tips to keep you safe when having food delivered to your home.

- Use contactless payment whenever possible: key fob, pay online, tap and go, mobile payments
- Ask for contactless delivery if available. Have your food dropped off at the doorstep.
- Keep your distance from the delivery person (at least 2 arms lengths, approximately 2 metres).
- Wash your hands after handling the delivery.
- Put away your groceries, especially items requiring refrigeration.
- Wash your hands after handling food and food packaging.
- Use proper food handling practices.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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063. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
WEARING MASKS UPDATE

AS OF: May 13, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx#goa-grid23425

Wearing Masks

Albertans are *encouraged* to wear non-medical masks when out in public places *where keeping a distance of 2 metres is difficult.*

Medical masks (N95, surgical or procedure masks):

- must be kept for health care workers and people providing direct care to COVID-19 patients

Non-medical masks (cloth or homemade):

- should only be used in addition to other protective steps
- are not proven to protect the person wearing it, but may help protect others
- cover your mouth and nose to prevent respiratory droplets from contaminating other people or surfaces
- must be worn and taken on/off properly as the outside can become contaminated

Learn How to wear masks properly: https://www.alberta.ca/prevent-the-spread.aspx#p25621s4

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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064. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
RESTRICTIONS ON GATHERINGS

AS OF: May 15, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Restrictions on Gatherings

Unless otherwise identified in public health orders, such as workplaces, places of worship or in restaurants, gatherings of:

- more than 15 people are not allowed in one indoor location
- more than 50 people are not allowed in one outdoor location

All gatherings under these limits must occur in a space that allows for mandated physical distancing of at least 2 metres from each other.

Examples of indoor and outdoor gatherings include

- business and education: seminars, workshops
- family events: weddings, funerals

Worship services and funerals

Worship leaders are encouraged to continue holding worship services and funerals remotely but can offer multiple services to reduce attendance to 50 people or one-third of normal attendance, whichever is smaller and whichever ensures physical distancing will be maintained. Congregational singing is a high-risk activity and is not allowed.

For more information see:

- Guidance for places of worship: https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-places-of-worship.pdf
- Singing Restrictions: https://www.alberta.ca/restrictions-on-gatherings.aspx#singing

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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065. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
CHILD CARE UPDATE

AS OF: May 13, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Restrictions on Gatherings

Daycares and out-of-school cares can start to resume operations on May 14 with limits on occupancy:

- Operations must resume with increased infection prevention and control measures to minimize the risk of increased transmission of infections.
- Guidance for a safe reopening is available on Alberta Biz Connect: https://www.alberta.ca/biz-connect.aspx
- Home-based child care with 6 or fewer children (not including the caregiver's own children) can continue operating as long as safety measures are in place.

Licensed child care:
Licensed daycare and out-of-school care programs can begin reopening in Stage 1 of Alberta's relaunch strategy as of May 14.

- Guidance for Licensed Child Care Centres (Daycares and Out-of-School Care) (PDF, 288 KB): https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-daycare-out-of-school-care.pdf
- Alberta Biz Connect – additional workplace guidance and supports to help businesses and non-profits affected by COVID-19 begin to reopen and resume operations safely

Relief funding for the child care sector to ensure they are ready to safely restart and support families through Alberta's economic recovery. Link: https://www.alberta.ca/release.cfm?xID=71285388C2A58-EBFA-E8E6-0CEDD4EDF6EB6965

Preschools will remain closed during Stage 1 of the relaunch due to specific public health considerations for these programs. The process and considerations for reopening preschools is under development based on the direction of the Chief Medical Officer of Health.

Home-based child care:
The maximum number of children allowed in approved family day homes remains temporarily changed to 6, not including their own children. This change allows approved family day home to provide additional child care spaces for people who are able to go into work during Stage 1 or have children at home due to school closures.

This also gives approved day home providers flexibility in keeping their own children at home and brings them in alignment with private providers, who can also provide care for up to 6 children, not including their own, at any one time. We do not monitor private child care providers but can issue closures if they are over this limit.

Enhanced sanitation practices should be used by all home-based child care providers, approved and private:

- routinely clean and disinfect any surface that people regularly touch
- handwashing facilities or hand sanitizer must be available to children
- visitors and children should not enter if they are feeling unwell
- visitors should wash their hands frequently

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FOR MORE INFORMATION ON COVID-19

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066. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
NON-MEDICAL MASKS AVAILABLE TO ALBERTANS

POSTED: June 8, 2020 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:**

https://www.alberta.ca/masks.aspx?utm_source=redirect&utm_medium=sticker&utm_campaign=Covid19&utm_term=masks

Non-Medical Masks Available to Albertans

How to get your free masks:

Starting June 8 you can get 4 free non-medical masks per person at any Alberta A&W, McDonald's Canada and Tim Hortons drive-thru locations. These are available while supplies last with no purchase necessary.

Masks will not be distributed inside restaurants or at locations without drive-thrus.

Other ways to get a mask

If you can't access a participating drive-thru location, we encourage you to ask a family member, friend or neighbour to pick up your 4 masks. You can also call 211 for help.

Masks will also be provided to the following groups to distribute to community members:

- Communities more than 50 km from a drive-thru location
- Long-term care and seniors facilities
- Groups and organizations that support vulnerable Albertans
- First Nations and Metis Settlement communities
- Edmonton and Calgary (for transit users)
- Places of worship

List of communities and organizations distributing masks:

https://www.alberta.ca/assets/documents/covid19-mask-community-distribution-list.pdf

Albertans are encouraged to wear non-medical masks in public when it's difficult to maintain physical distancing of 2 metres at all times.

Wearing a homemade or non-medical mask in public is another tool to help prevent the spread of COVID-19. It hasn't been proven that masks protect the person wearing it, but it can help protect people from being exposed to your germs.

Masks should complement – not replace – other prevention measures. Continue physical distancing and good hand hygiene, and stay home when sick.

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067.COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY

STAGE 2 EFFECTIVE JUNE 12 – LIFTED RESTRICTIONS

POSTED: June 9, 2020 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/alberta-relaunch-strategy.aspx

Alberta Relaunch Strategy – Stage 2 – Effective June 12, 2020

STAGE 2 (Starting June 12)
Stage 2 will allow additional businesses and services to reopen and resume operations starting June 12 with 2 metre physical distancing requirements and other public health guidelines in place. Business operators, sport and recreation services can determine if they are ready to open and ensure all guidance for workplaces is met.

What can open with restrictions:

- K-12 schools, for requested diploma exams and summer school, following guidance
- libraries
- more surgeries
- wellness services such as massage, acupuncture and reflexology
- personal services (esthetics, cosmetics skin and body treatments, manicures, pedicures, waxing, facial treatments, artificial tanning)
- movie theatres and theatres
- community halls
- team sports
- indoor recreation, fitness and sports, including gyms and arenas
- pools for leisure swimming
- VLTs in restaurants and bars
- bingo halls and casinos (but not table games)
- instrumental concerts
- provincial campgrounds at full capacity

Events and gatherings can be larger in stage 2:

- 50 people maximum: indoor social gatherings, including wedding and funeral receptions, and birthday parties
- 100 people maximum: outdoor events and indoor seated/audience events, including wedding and funeral ceremonies
- No cap on the number of people (with public health measures in place):
    - worship gatherings
    - restaurant, cafes, lounges and bars
    - casinos
    - bingo halls

More flexibility for 'cohort' groups – small groups of people whose members do not always keep 2 metres apart:

- a household can increase its close interactions with other households to a maximum of 15 people
- performers can have a cohort of up to 50 people (cast members or performers)
- sports teams can play in region-only cohorts of up to 50 players (mini leagues)
- people could be part of a sports/performing and household cohort.

Go to Alberta Relaunch Strategy to view items still not approved and Stage 3 highlights:
https://www.alberta.ca/alberta-relaunch-strategy.aspx
To view guidance documents for above open with restrictions go to:
https://www.alberta.ca/guidance-documents.aspx

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

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068. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
TRAVEL RESTRICTIONS & RECOMMENDATIONS

SEND DATE: June 9, 2020 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/covid-19-travel-advice.aspx

COVID-19 Travel Restrictions

Travellers entering Alberta from outside Canada:
All non-exempt travellers entering Alberta from outside Canada by air or at the Alberta/U.S. Coutts land border crossing are legally required to follow provincial and federal requirements. Several categories of people are exempted from travel restrictions if they have no symptoms. View updated travel restrictions for travelling outside of Canada at: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html

Albertans are legally required to isolate for:

- 14 days if they returned from travel outside Canada or are a close contact of someone with COVID-19
- 10 days if they have any COVID-19 symptoms not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat

If you have symptoms, take the online assessment to arrange testing

Travel within Alberta:
Responsible travel within Alberta is permitted, including to second homes, vacation homes, cabins, cottages, hotel/commercial accommodations, campgrounds and national and provincial parks, summer homes, cabins and cottages within Alberta is permitted. Physical distancing and gathering restrictions still apply.

If you travel in Alberta:

- take all necessary precautions to protect your health and the health of others
- download and use the ABTraceTogether mobile contact tracing app while out in public.
- check Parks Canada and Alberta Parks for details on restrictions and limited amenities

Travel between provinces:
Non-essential travel outside the province is not recommended. This recommendation will not be lifted until Stage 3 of Alberta's relaunch strategy.

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069. COVID-19 PUBLIC HEALTH AGENCY OF CANADA EXTERNAL ADVISORY

COVID-19: SCAMS, FRAUDS AND MISLEADING CLAIMS

SEND DATE: June 9, 2020 / **ORIGINAL SOURCE:** Public Health Agency of Canada /

WEBLINK: https://www.canada.ca/en/public-safety-canada/campaigns/covid19.html#b03

COVID-19: Scams, frauds and misleading claims

Current Reported Scams

There are a number of report scams related to COVID-19.

Protect yourself, beware of:

- Questionable third-party companies offer to help you fill out applications, such as CERB
- Criminals using your identity to sign-up for CERB and receive payments
- Spoofed government, healthcare or research information
- Unsolicited calls, emails and texts requesting urgent action or payment and/or offering medical advice, financial relief, or government assistance and compensation
    - If you didn't initiate contact, you don't know who you're communicating to
    - Never respond or click on suspicious links and attachments
    - Never give out your personal or financial details
- Unauthorized or fraudulent charities requesting money for victims, products or research
    - Don't be pressured into making a donation
    - Verify that a charity is registered
- High-priced or low-quality products purchased in bulk by consumers and resold for profit
    - These items may be expired and/or dangerous to your health
- Questionable offers, such as:
    - miracle cures
    - herbal remedies
    - vaccinations
    - faster testing
- Fake and deceptive online ads, including:
    - cleaning products
    - hand sanitizers
    - other items in high demand

To view reported scams and trusted resources visit:
https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm

False and misleading claims:

We have not approved any product to prevent, treat or cure COVID-19. Selling unauthorized health products or making false or misleading claims to prevent, treat or cure COVID-19 is illegal in Canada. We take this matter very seriously and we are taking action to stop this activity.

FOR MORE INFORMATION ON COVID-19

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072. COVID-19 ALBERTA GOVERMENT EXTERNAL ADVISORY
NEW MEASURES FOR EDMONTON ZONE

AS OF: October 26, 2020 / **ORIGINAL SOURCE:** Alberta Government /

WEBLINK: https://www.alberta.ca/restrictions-on-gatherings.aspx

New Measures for Edmonton Zone

Help stop the spread: The Edmonton area is seeing a rapid rise in active COVID-19 cases. To stop the spread before it gets out of control, additional public health measures are in place for the Edmonton Zone, which includes the City of Edmonton and surrounding communities. This approach is based on evidence that balances efforts to limit the spread of COVID-19 with the harmful impact that aggressive measures can have on other elements of Albertans' health and well-being. Health officials are closely monitoring the Edmonton Zone. Additional measures may be recommended if needed.

Measures: City of Edmonton

Mandatory measures (as of Oct. 26): 15 person limit on social and family gatherings where people are mixing and mingling, including:

- parties
- special event celebrations, such as retirement events or baby showers
- wedding and funeral receptions
- banquets

This limit does not apply to structured events where socializing is not the purpose of the activity. This includes restaurants, worship services, wedding ceremonies, conferences, funeral services or trade shows. Current gathering limits and prevention measures as outlined by official guidance remains in place.

The temporary limit will be reassessed at the end of November 2020. It will be lifted when we are able to bring new case numbers down and sufficiently reduce the spread.

Voluntary measures

- Limit your cohorts to no more than 3: your core household, your school, and one other sport or social cohort.
- Young children who attend child care could be part of 4 cohorts, given that child care settings have not been a high risk for spread.
- Wear a mask in all indoor work settings, except when alone in a workspace like an office or cubicle where you are safely distanced from others, or an appropriate barrier is in place.

All residents and visitors of communities surrounding Edmonton should:

Edmonton zone communities

The public health measures apply to all residents and visitors of communities in the Alberta Health Services (AHS) Edmonton Zone: Beaumont, Devon, Edmonton, Evansburg, Fort Saskatchewan, Gibbons, Leduc, Morinville, Sherwood Park, Spruce Grove, St. Albert, Stony Plain, Thorsby, Surrounding villages and businesses.

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073. COVID-19 AHS EXTERNAL ADVISORY
CHANGE IN CONTACT TRACING NOTIFICATION PROCESS FOR PUBLIC OR PRIVATE EVENTS

AS OF: Oct 26, 2020 / **ORIGINAL SOURCE:** AHS / **WEBLINK:** Sent by email memorandum

Change in Contact Tracing Notification Process for Public or Private Events

Alberta Health Services

Memorandum

Date: **Monday, October 26, 2020**

To: ZEOCs, CDC and Public Health

From: Dr. Laura McDougall, Senior Medical Officer of Health
Senior Medical Director, Provincial Population and Public Health

RE: **Change in Contact Tracing Notification Process for Public or Private Events**

Effective today, organizers of events at which attendees are exposed to COVID-19 will be engaged by Alberta Health Services (AHS) in managing notification of event contacts.

If a positive case attended an event while infectious, AHS Public Health will now notify the organizer of the event, and provide that organizer with written notification that the organizer will be directed to email to all event attendees.

We will be asking event organizers to send these emails within 24 hours of us contacting them.

Previously, AHS Public Health was contacting all event attendees by phone. This change will improve the efficiency of the close contact notification process for events such as sports tournaments, weddings, church socials and other gatherings of 10 people or more.

If an event organizer can't support this more rapid email notification process, AHS Public Health will continue to conduct the contact tracing directly.

AHS Public Health will also continue to directly notify close contacts of cases who were exposed outside of any event, and of course: we will continue to directly contact all Albertans who test positive for COVID-19.

To support Albertans in managing the risks associated with social, sporting and other events, we have established a new webpage containing pre- and post-event checklists, and other supports: www.ahs.ca/events.

If you have questions, please contact

Maureen Devolin, Executive Director, Healthy Living, Provincial Population and Public Health at maureen.devolin@ahs.ca

Cindy Dribnenki, Director, Communicable Disease Control, Provincial Population and Public Health at cindy.dribnenki@ahs.ca

FOR MORE INFORMATION ON COVID-19

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075. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
NEW MANDATORY RESTRICTIONS – EFFECTIVE NOV 24

AS OF: Nov 24, 2020 / **SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx

New Mandatory Restrictions – Effective November 24th – PAGE 1 OF 3

Stop the spike: COVID-19 cases continue rising across Alberta and the situation is critical. Stronger public health measures are now required to address the growing number of cases. Together, these measures will help protect our health care system, keep schools and businesses open as much as possible, and protect vulnerable Albertans. Health officials are monitoring the situation and will adjust measures if required.

Measures	All Alberta	Enhanced (purple) Areas[1]	Calgary Area[2]	Edmonton Area[2]
No indoor social gatherings in any setting	Yes	Yes	Yes	Yes
Outdoor gatherings max of 10	Yes	Yes	Yes	Yes
Wedding and funeral services max of 10, no receptions permitted	Yes	Yes	Yes	Yes
No festivals or events	Yes	Yes	Yes	Yes
Grades 7-12 at-home learning Nov 30-Jan 11	Yes	Yes	Yes	Yes
Grades K-6 at-home learning Dec 18-Jan 11	Yes	Yes	Yes	Yes
Working from home should be considered, where possible	Yes	Yes	Yes	Yes
Places of worship at 1/3 normal attendance	No	Yes	Yes	Yes
Restricted access to some businesses and services starting Nov. 27	No	Yes	Yes	Yes
Mandatory masks for indoor workplaces	No	No	Yes	Yes

See attached pages for more details on restrictions or go to:
https://www.alberta.ca/coronavirus-info-for-albertans.aspx

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AS OF: Nov 24, 2020 / **SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx

New Mandatory Restrictions – Effective November 24th – PAGE 2 OF 3

Indoor and Outdoor Gatherings:

Mandatory restriction – Provincewide – effective Nov. 24

- No indoor social gatherings are permitted in any setting (private homes, public spaces or workplaces)
  - Indoor close contacts must be limited to people in the same household
  - People who live alone can have up to the same 2 non-household contacts for the duration of the restriction
  - Work and support group meetings are not social gatherings, but attendance should be limited and public health measures followed
  - This does not apply to service visits from caregivers, health or child care providers
- Outdoor social gatherings are limited to 10 people and must not have an indoor component
  - Backyard gatherings that require movement in/out of homes are not permitted
  - Attendees should remain distanced at all times and follow public health measures
- Festivals and events are prohibited (indoors and outdoors)

Weddings and Funerals:

Mandatory restriction – Provincewide – effective Nov. 24

- Maximum of 10 people for wedding ceremonies or funeral services
  - This includes the officiant, bride/groom and witnesses
  - This does not include staff or organizers who are not considered an invited guest
  - This applies to any facility, including places of worship and funeral homes.
  - This includes services held indoors or outdoors, seated or non-seated.
- Receptions are not permitted

This measure will help limit exposure, reduce outbreaks and protect vulnerable attendees.

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New Mandatory Restrictions – Effective November 24th – PAGE 3 OF 3

Places of Worship:

Mandatory restriction – Enhanced status (purple) areas – effective Nov. 24

- Maximum of 1/3 normal attendance for places of worship
- Physical distancing between households must be maintained
- Mask use is required
- Online services are encouraged
- In-person faith group meetings can continue but must maintain physical distancing and public health measures must be followed

Faith communities are often significant aspects of people's lives, and include intimate and close contact between members. This measure will help limit exposure at these activities, reducing outbreaks and protecting vulnerable members who attend.

Mask Requirements:

Mandatory restriction – Calgary and Edmonton areas – Effective Nov. 24

- Masks are mandatory in all indoor workplaces, except when working alone in an office or a safely distanced cubicle or an appropriate barrier is in place
  - This applies to all employees, visitors, delivery personnel and contractors
  - This includes all locations where employees are present and masks won't pose a safety risk
  - This does not change current student mask requirements in schools
  - This measure will help limit exposure, reduce outbreaks and protect vulnerable attendees.

Employers to allow working from home:

Working from home should be considered, where possible.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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076. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
NEW MANDATORY RESTRICTIONS – EFFECTIVE NOV 27

AS OF: Nov 24, 2020 / **SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx

New Mandatory Restrictions – Effective November 27th – PAGE 1 OF 3

Business and service restrictions

Effective Nov. 27, new restrictions will limit the amount of contact between people in the community, while still allowing businesses to offer services. These measures apply to all communities on the enhanced list (purple areas). Albertans are encouraged to limit in-person visits to retail locations and use curbside pick up, delivery and online services.

Businesses closed for in-person service:
Mandatory restriction – Enhanced status (purple) areas – Effective Nov. 27
Businesses that are closed for in-person service include:

- Banquet halls, conference centres, trade shows, auditoria and concert venues, non-approved/licensed markets, community centres
- Children's play places or indoor playgrounds
- All levels of sport (professional, semi-professional, junior, collegiate/universities and amateur). Exemptions may be considered.

Restaurants, Bars, Pubs, and Lounges open with restrictions:
Mandatory restriction – Enhanced status (purple) areas – Effective Nov. 27
Restaurants, bars, pubs and lounges will be open with restrictions if they follow all public health guidance in place including:

- Maximum of 6 people from the same immediate household at a table and no movement between tables.
    - People who live alone can meet with up to 2 non-household contacts as long as they're the same two throughout the duration of these restrictions
- Only seated eating and drinking is permitted. No other services or entertainment will be allowed, including billiards, games or darts.
- Liquor can be sold until 10 pm and food-serving establishments must close to in person-dining at 11 pm. Liquor sales apply to casinos, but casinos are not required to close at 11 pm.

Albertans are encouraged to use take out, delivery, drive-thru and curbside pick-up options.

Additional inspections will occur to verify that public health measures are being followed. Establishments that are non compliant may face orders and fines.

FOR MORE INFORMATION ON COVID-19

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076. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
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AS OF: Nov 24, 2020 / **SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx

New Mandatory Restrictions – Effective November 27th – PAGE 2 OF 3

Businesses and services open with restricted capacity:
Mandatory restriction – Enhanced status (purple) areas – Effective Nov. 27
Most retail businesses may remain open with capacity limited to 25% of the occupancy set under the Alberta Fire Code.

- Retail, including liquor and cannabis
- Grocery stores
- Pharmacies
- Clothing stores
- Computer and technology stores
- Hardware
- Automotive
- Farmers markets approved by Alberta Agriculture and Forestry
- Unlicensed outdoor seasonal markets

Some entertainment and event services may remain open with capacity limited to 25% of the occupancy set under the Alberta Fire Code.

- Movie theatres
- Museums and galleries
- Libraries
- Casinos, offering slots only. Table games must be closed at this time.
- Indoor entertainment centres including amusement parks, water parks, bingo halls and racing centres.
- Indoor fitness, recreation, sports and physical activity centres, including dance and yoga studios, martial arts, gymnastics and private or public swimming pools.
    - Facilities can be open for individual studio time, training or exercise only.
    - There can be no group fitness, group classes, group training, team practices or games.
    - Instructors can use facility to broadcast virtual fitness classes from, but there can be no group class.

All public health guidance and physical distancing requirements must be followed.

Albertans and businesses are encouraged to limit in-person visits and use curbside pick up, delivery and online services instead.

FOR MORE INFORMATION ON COVID-19

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New Mandatory Restrictions – Effective November 27th – PAGE 3 OF 3

Businesses open by appointment only:
Mandatory restriction – Enhanced status (purple) areas – Effective Nov. 27

Businesses open by appointment only are not permitted to offer walk-in services. Appointments should be limited to one-on-one services.

- Personal services such as hair salons and barbershops, esthetics, manicure, pedicure, body waxing and make-up, piercing and tattoo services,
- Wellness services including acupuncture, massage and reflexology
- Professional services such as lawyers, mediators, accountants and photographers
- Private one-on-one lessons (no private group lessons permitted)
- Hotels, motels, hunting and fishing lodges

These businesses must follow all current public health guidance for their sector and should consider virtual options where possible.

Home-based businesses should follow the restrictions for the type of service they provide.

FOR MORE INFORMATION ON COVID-19

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077. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
STRONGER GATHERING RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Gathering Restrictions

Due to Alberta's high case numbers, aggressive action is required now to protect our health system from being overwhelmed. The current situation is critical. These mandatory restrictions apply provincewide and will be in place at least until January 12, 2021. Health officials are monitoring the situation and will adjust measures if required.

Gathering Restrictions:

Alberta declared a State of Public Health Emergency to protect the health care system from COVID-19. Social gatherings are the top source of transmission. Effective Dec. 8, all indoor and outdoor social gatherings have been prohibited. This will be enforced with $1,000 fines.

Indoor and outdoor gatherings:

All indoor and outdoor social gatherings – public and private – are prohibited

- Close contacts are limited to household members only
- People who live alone can have up to 2 close contacts:
    - must be the same two contacts throughout the duration of the restriction
    - if the close contacts do not live alone, visits cannot be held at their home
    - single parents who only live with their children are permitted to have up to 2 close contacts

This does not apply to:

- co-parenting arrangements
- service visits from caregivers, health or childcare providers
- home maintenance and repairs
- mutual support group meetings

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FOR MORE INFORMATION ON COVID-19

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078. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
STRONGER OUT-OF-TOWN TRAVEL RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Out-of-town travel

Out-of-town travel

Non-essential travel:

- All out-of-town travel is discouraged at this time.

Returning home:

- If the individual belongs to the household (e.g., a such as a child returning home from post-secondary), then they would be permitted to return to the home.
- If participating in the Border Testing Pilot Program, all program directives must be followed before rejoining the household.
- If you do not have a household in Alberta, you must not stay in other people's homes while these restrictions are in place.

Visitors:

- While we appreciate this may affect your travel plans as you may wish to visit or stay with family, the increase in COVID cases is being taken very seriously and these enhanced public health measures are required to stop the spread of COVID-19.

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FOR MORE INFORMATION ON COVID-19

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079. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
STRONGER PLACES OF WORSHIP RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Places of worship

Mandatory restriction – Provincewide – Effective Dec. 13

- Faith services are limited to 15% of fire code occupancy for in-person attendance:
- Services must be held at their normal location
- Physical distancing between households must be maintained
- Mask use is mandatory
- All out-of-town travel is discouraged at this time.

Alternatively:

- Virtual or online services are recommended
- Drive-in services where people do not leave their vehicles and adhere to guidance are allowed

Additional safety measures:

- In-person faith group meetings and other religious gatherings are:
  - not permitted in private homes while these measures are in effect
  - permitted when conducted at a place of worship as long as physical distancing and public health measures are followed
- Faith leaders and other speakers can remove their masks while speaking if there is a distance of 2 metres. The mask must be put on again once finished speaking.
- Group performance activities, such as choir singing and playing music, are permitted if they are normal worship practices and not for the purpose of entertainment. Performers must wear masks at all times.

FOR MORE INFORMATION ON COVID-19

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080. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
WORKPLACE & LEARNING CENTRES RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Workplace and learning centres

- Effective Dec. 8, masks are mandatory in all indoor public spaces and workplaces.
- Effective Dec. 13, working from home is mandatory when physical presence is not required.
- Current restrictions on child care and K-12 learning remain in effect.

Mandatory mask requirements:

Mandatory restriction – Provincewide – Effective Dec. 8

Masks are mandatory in all:

- indoor public places
- places of worship
- indoor workplaces and facilities outside the home, except:
    - when working alone in an office or a safely distanced cubicle or a barrier is in place
    - rental accommodations used soley for the purposes of a private residence
    - farm operations (exempt)

This workplace requirement:

- applies to all employees, customers, visitors, delivery personnel and contractors
- includes any location where employees are present in-person
- includes all workplace locations where masks won't pose a safety risk
- does not change current student mask requirements in schools

Mandatory mask requirements:

Mandatory - Provincewide - Effective Dec. 13

Working from home is mandatory unless the employer requires a physical presence for operational effectiveness.

FOR MORE INFORMATION ON COVID-19

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081. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
BUSINESS AND SERVICE RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Business and Service Restrictions – Page 1 of 6

Mandatory restriction – Provincewide – Effective Dec. 13

Retail services must reduce customer capacity to 15% of fire code occupancy or a minimum of 5 customers:

- Curbside pick up, delivery and online services are encouraged
- Shop alone if possible or only with the people you live with
- Shopping mall:
    - capacity limits of 15% include common areas and individual stores
    - food courts open for grab and go only

Retail services include:

- Retail businesses operating within a shopping centre or mall
- Shopping centres and malls
- Pet supply stores
- Grocery stores
- Pharmacies
- Clothing stores
- Computer and technology stores
- Hardware
- Automotive
- Sporting goods
- Liquor and cannabis
- Gift shops
- Markets

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Stronger Public Health Measures – Business and Service Restrictions – Page 2 of 6

Restaurants, Bars, Pubs, Lounges, and Cafes:
Mandatory restriction – Provincewide – Effective Dec. 13

- Restaurants, pubs, bars, lounges and cafes are closed to in-person service.
- Take out, curbside pickup and delivery services are allowed.

Entertainment and Recreation Facilities
Mandatory restriction – Provincewide – Effective Dec. 13

All entertainment businesses and entities must close, including:

- Casinos, bingo halls, gaming centres
- Racing centres, horse tracks, raceways
- Bowling alleys, pool halls
- Legions and private clubs (nightclubs must remain closed)
- Art galleries, libraries and museums
- Science and interpretive centres
- Amusement and water parks
- Children's play centres and indoor playgrounds
- Theatres, auditoria and concert halls
- Banquet halls, conference centres and trade shows

All indoor recreation facilities must close, including:

- Gyms and studios
- Fitness and recreation centres
- Spas, pools, indoor rinks and arenas
- Day and overnight camps
- Community halls and centres

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Stronger Public Health Measures – Business and Service Restrictions – Page 3 of 6

Personal and Wellness Services
Mandatory restriction – Provincewide – Effective Dec. 13

All personal and wellness services must close.

Personal services include:

- esthetics, manicure, pedicure, body waxing, make-up
- body, nose and ear piercing, and tattoos
- artificial tanning and spray tanning
- facial, eyebrow and eyelash treatments
- cosmetic skin and body treatments
- laser hair and tattoo removal
- hairstyling and barbering

Wellness services include:

- massage therapy
- floatation tanks
- reflexology
- colonic irrigation

Hotels, Motels, Hunting and Fishing Lodges:
Mandatory restriction – Provincewide – Effective Dec. 13

Hotels, motels, hunting and fishing lodges may remain open but must follow restrictions:

- No spa, pool or gym access
- No in-person dining (room service only)

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Stronger Public Health Measures – Business and Service Restrictions – Page 4 of 6

Health, Social and Professional Services

Mandatory restriction – Provincewide – Effective Dec. 13

Regulated health services can remain open by appointment only as long as public health orders and sector guidance is followed. Appointments should be limited to one-on-one services.

- physicians, dentists
- physical therapists
- optometrists
- hearing aid practitioners
- acupuncturists
- naturopaths

Professional services can remain open by appointment only:

- lawyers
- mediators
- accountants
- photographers

Social services can remain open for in-person services including:

- social, protective or emergency services
- shelters for vulnerable persons
- not-for-profit community kitchens, religious kitchens and soup kitchens

Home-based businesses should follow the restrictions for the type of service they provide.

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Stronger Public Health Measures – Business and Service Restrictions – Page 5 of 6

Performance Activities:
Mandatory restriction – Provincewide – Effective Dec. 13 (Nov. 27 restrictions remain in effect until Dec. 13)

Performance activities include dancing, singing, theatre and playing wind instruments.

Outdoor settings:

- Rehearsals and practices are permitted up to a maximum of 10 participants. Physical distancing and other relevant guidelines must be followed.
- Performances with audiences are not permitted.

Indoor settings:

- No group performances in indoor settings are permitted.
- Rehearsals, practices and lessons involving 2 or more are not permitted.

Lessons:

- 1-to-1 in-person lessons are permitted.
- Virtual lessons are strongly encouraged where possible.

School settings:

- Phys Ed., band and drama classes are permitted to continue
- Assemblies, performances, concerts, and inter-school games, activities and competitions are not permitted.

Places of worship:

Indoor group performance activities conducted in a place of worship, such as choir singing and playing music, are permitted provided these are normal activities conducted as part of worship practices and not for the purpose of entertainment.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

https://www.who.int/emergencies/diseases/novel-coronavirus-2019 (World Health Organization)

https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813 (Indigenous Languages COVID-19 Public Service Announcement)

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081. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
BUSINESS AND SERVICE RESTRICTIONS

AS OF: Dec 8, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Stronger Public Health Measures – Business and Service Restrictions – Page 6 of 6

Sport and Physical Activities

Mandatory restriction – Provincewide – Effective Dec. 13 (Nov. 27 restrictions remain in effect until Dec. 13)

Group physical activities, including team sports, fitness classes and training sessions, are prohibited or restricted across Alberta.

- Outdoor group physical activity, including team sports, must be limited to 10 people or fewer.
  - members of different households must maintain 2 metre distancing at all times
- Indoor group physical activities are prohibited unless
  - the group only involves members of the same household.
  - the activity involves students at a school or post-secondary institution as part of an education program
  - the activity involves students at a post-secondary institution
- One-to-one indoor training, such as training with a fitness trainer or coach, is not permitted.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

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083. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
LIMITED RESTRICTION CHANGES

AS OF: Jan 14, 2020 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Limited Restriction Changes – Effective Monday, January 18

Effective Monday, January 18, some provincewide restrictions will be eased:

- Outdoor social gatherings are allowed up to 10 people. Indoor gatherings remain prohibited.
- Personal and wellness services are allowed to open by appointment only.
- Funeral ceremony attendance has been increased to 20 people, with mandatory masking and 2 metre physical distancing. Funeral receptions are not allowed.

All other mandatory restrictions will remain in place until further notice.

Public information gathered for distribution courtesy of KTC Admin

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

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084. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
PATH FORWARD – STARTING FEB 8

AS OF: Jan 29, 2021 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx#toc-0

PATH FORWARD STARTS FEBRUARY 8

Alberta is bending the curve to protect our health system, but we must be careful not to lift restrictions too quickly. A roadmap was developed to help Albertans understand how restrictions will be eased in steps over the coming months. A Path Forward outlines the sectors that will see gradual restriction changes at each step based on hospitalization benchmarks. Step 1 changes come into effect February 8. All other restrictions remain in effect.

The path forward

Public health measures will be eased in steps based on hospitalization benchmarks. Each step sets a more predictable path for easing restrictions, while protecting the health system. Once hospitalizations are within range of the benchmark, decisions to move to the next step will be considered. The lowest-risk activities in each sector will be considered for change first. Moving between steps will happen at least 3 weeks apart to assess the impact on cases.

Steps based on hospitalization benchmarks:

STEP 1
<600 hospitalizations
Potential easing in these areas:

- Restaurants
- Indoor Fitness
- Indoor and outdoor children's sport and performance (school-related)

STEP 2
<450 hospitalizations
Potential easing in these areas:

- Retail
- Banquet halls
- Community halls
- Conference centres
- Hotels
- Further easing of indoor fitness and children's sport and performance

STEP 3
<300 hospitalizations
Potential easing in these areas:

- Adult team sports
- Casinos, racing centres and bingo halls
- Indoor social gatherings, with restrictions
- Indoor seated events (movie theatres and auditoria)
- Libraries
- Museums, art galleries, zoos, interpretive centres
- Place of worship

STEP 4
<150 hospitalizations
Potential easing in these areas:

- Amusement parks
- Concerts (indoors)
- Festivals (indoor and outdoor)
- Funeral receptions
- Indoor entertainment centres and play centres
- Performance activities (singing, dancing and wind instruments)
- Sporting events (indoor and outdoor)
- Tradeshows, conferences and exhibiting events
- Wedding ceremonies and receptions
- Workplaces (lift working from home)

FOR MORE INFORMATION ON COVID-19

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086. COVID-19 GOVERNMENT OF ALBERTA EXTERNAL ADVISORY
COVID-19 VARIANTS

AS OF: Feb 16, 2021 / **ORIGINAL SOURCE:** Government of Alberta / **WEBLINK:** https://www.alberta.ca/covid-19-variants.aspx

COVID-19 Variants

Overview

Variants are viruses that have changed or mutated while reproducing inside an infected person's cells. The variant can be spread to others and may continue to mutate as it moves from person to person.

New variant strains of COVID-19 were recently identified in the United Kingdom, South Africa and Brazil, and have since been identified in many other countries around the world. These strains are known as variants of concern, as they appear to spread more easily than other COVID-19 strains.

Alberta is monitoring for these variants of concern. Confirmed variant cases are updated on Tuesdays and Fridays. See confirmed variant cases in Alberta.

What we know

Scientists and public health officials around the world are studying these variant strains, including how the current vaccines may help protect against them.

Current evidence suggests these variants of concern are more contagious and can spread more easily than the original COVID-19 strain.

While it is not yet clear whether these new variants tend to cause more severe illness, there is concern about the impacts if they become common in our communities. The increased spread of COVID-19 would result in more illness, hospitalizations and deaths.

Symptoms in variant cases are the same as usual COVID-19 symptoms, including cough, fever, shortness of breath, runny nose, and sore throat.

Reduce your risk and prevent the spread

Though COVID-19 variants of concern are more contagious, they spread – and can be protected against – in the same ways as the usual virus.

It is critical to continue taking action to protect yourself and others from all strains of COVID-19:

- Follow all mandatory public health measures.
- Continue practicing good hygiene, physical distancing and other actions to help prevent the spread.
- Get tested if you have any symptoms of COVID-19.
- Isolation and quarantine requirements are different for variant cases of COVID-19, learn what to do if

FOR MORE INFORMATION ON COVID-19

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091. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY

YOUTH AND COLLEGIATE SPORT & RECREATION ACTIVITIES – RESTRICTION UPDATED APR 22, 2021

AS OF: April 22, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** [weblink]

Youth and Collegiate Sport & Recreation Activities – Restrictions Updated April 22

Mandatory restrictions – Provincewide – Revised April 15

Eligible participants include:

- youth 18 years old and under (except for Calgary, Edmonton and Fort McMurray youth in grades 7 to 12 – see below)
- members of a collegiate or university athletic program
- coaches or trainers

Limited group physical activities allowed

- Lessons, practices and physical conditioning activities are allowed for indoor and outdoor minor sports/activities and school athletics (for example, school sport activities that are outside of a physical education class or related part of the school curriculum).
- Games are not allowed.

Safety requirements

- Maximum of 10 total individuals, including all coaches, trainers, and participants.
  - Indoor and outdoor playing surfaces (for example, arena, field, court or swimming pool) may be occupied by more than one youth group, as long as 3-metres of physical distancing can be maintained between groups of 10 and the groups do not intermingle.
- Physical distancing must be maintained between participants at all times:
  - 3 metres physical distance for indoor activities
  - 2 metres physical distance for outdoor activities
  - coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique)
- Participants must be masked at all times, except during high intensity physical activity. Coaches and trainers must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.

Off-site facilities

K-12 schools and post-secondary institutions are allowed to use off-site facilities to support curriculum-related educational activities.

Additional measures for Calgary, Edmonton and Fort McMurray youth in grades 7 to 12

- All youth indoor sport and recreation activities that are not part of a school program (for example, physical education) are not permitted for grade 7 to 12 youth in the municipalities of Calgary and Fort McMurray, effective April 20, and the municipality of Edmonton, effective April 22. This includes homeschooled students.
- These activities will be permitted again when in-person learning resumes.
- Outdoor sport and recreation activities and 1-on-1 indoor fitness with a trainer or coach are still permitted.
- Indoor activities may be moved outdoors, provided all safety requirements for outdoor physical activities are followed.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

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093. COVID-19 ALBERTA GOVERNMANENT EXTERNAL ADVISORY
PERFORMANCE ACTIVITIES

AS OF: April 27, 2021 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Performance Activities – revised April 27

Performance activities mandatory restrictions (Provincewide) – revisions as of April 27th, 2021

Performance activities include dancing, singing, acting, playing a musical instrument, and any rehearsal or theatrical performance.

Adult performance activities:

- Adult performance activities are not permitted.

Youth performance activities:

- Youth may participate in indoor group performance activities and youth development activities (such as Scouts, Girl Guides and 4H).
  - Maximum of 10 participants.
  - Participants must be 18 years old and under (except coaches, trainers or instructors).
  - Physical distancing must be maintained at all times (3 metres indoors and 2 metres outdoors).

Additional measures for Calgary, Edmonton and Fort McMurray youth:

- Extra-curricular performance activities are not permitted for:
  - grade 7 to 12 youth in the municipalities of Calgary and Edmonton
  - kindergarten to grade 12 youth in the municipality of Fort McMurray
  - this includes homeschooled students

These activities will be permitted again when in-person learning resumes.

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FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

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095. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
EXPANDED RESTRICTIONS FOR HOT SPOT REGIONS

AS OF: April 29, 2021 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/enhanced-public-health-measures.aspx

Expanded Restrictions for Hot Spot Regions

Starting April 30, targeted restrictions will apply to municipalities or regions where there are at least 350 cases per 100,000 people and 250 active cases. These restrictions will remain in place for 2 weeks, or until the region falls back below the case threshold – whichever is longer.

Current hot spot regions:

- Fort McMurray, City of Red Deer, City of Grande Prairie, City of Calgary, City of Airdrie, Strathcona County, City of Lethbridge, and City of Edmonton

You can see the number of active cases and rate of active cases in your region, and find out if additional restrictions apply to you. Find your region at: https://www.alberta.ca/maps/covid-19-status-map.htm

In addition to these additional measures, all other provincewide restrictions will remain in effect.

Schools:
Mandatory, additional restrictions for hot spot regions – Effective May 3

- Grades 7 to 12 must shift to online learning.
- K to 6 students will continue in-classroom learning, unless Alberta Education approves a shift to online-learning.

Indoor Fitness:
Mandatory, additional restrictions for hot spot regions – Effective April 30
All indoor fitness activities are prohibited. This includes:

- group physical activities, such as team sports, fitness classes and training sessions
- one-on-one lessons and training activities
- practices, training and games

Outdoor fitness activities may continue if all other provincewide restrictions and safety measures are followed.

Indoor Sport and Recreation Activities:
Mandatory, additional restrictions for hot spot regions – Effective April 30

- All youth and adult indoor sport and recreation activities are prohibited. This applies to all youth activities, including for students still learning in classrooms.
- All indoor recreation facilities must close. Outdoor recreation amenities can be open to public access unless specifically closed by public health order.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

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096. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
EXPANDED RESTRICTIONS FOR HIGH CASE REGIONS – PG 1

AS OF: May 5, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx#provincewide

Expanded Restrictions for High Case Regions – May 5th Update

Alberta has entered a critical stage of the pandemic - the arrival of highly transmissible variants have put pressure on our health care system. Public health measures are required to protect the health system and reduce the rising spread of COVID-19 provincewide. Additional restrictions come into effect for regions with high case rates, **starting May 5**. Provincewide measures continue to apply to all other areas. **These restrictions will be enforced with $2,000 fines.**

Expanded restrictions for high case regions:

Starting May 5, additional restrictions come into effect for regions with at least 50 cases per 100,000 people, and at least 30 active cases. These restrictions will be in place for at least 3 weeks and will be extended if necessary. Provincewide restrictions remain in effect for all other communities.

Find your region at: https://www.alberta.ca/maps/covid-19-status-map.htm

Schools and Post-Secondary:

Mandatory, additional restrictions for hot spot regions

- Kindergarten to Grade 12 schools will transition to online learning, effective May 7.
- Post-secondary schools will transition to online learning, effective May 5.
- Childcare facilities can remain open.

Indoor and Outdoor Gatherings:

Mandatory, additional restrictions for hot spot regions – Effective May 5

Indoor Gatherings:

- All indoor gatherings remain prohibited.

Outdoor Gatherings:

- All outdoor social gatherings must be limited to no more than 5 people and max. of 2 household cohorts.
- Mandatory physical distancing must be maintained at all times between members of different households.

Retail:

Mandatory, additional restrictions for hot spot regions – Effective May 5

- Retail services must limit customer capacity to 10% of fire code occupancy (not including staff) or a minimum of 5 customers. This includes individual stores and common areas.
- Shopping mall capacity limits will exclude common area square footage.
- Curbside pick-up, delivery and online services are encouraged.

Restaurants, Bars, Pubs, Lounges, and Cafes

Mandatory, additional restrictions for hot spot regions – Effective 11:59 pm on May 9

- All in-person dining, including on patios, is prohibited.
- Only take out or delivery services are allowed.

Personal and Wellness Services:

Mandatory, additional restrictions for hot spot regions – Effective at 11:59 pm on May 9

- Personal and wellness services, including hair salons, barbers, nail salons, estheticians, tattoos and piercing, must close.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx (AHS COVID-19 Online Self-Assessment Log-In)

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096. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
EXPANDED RESTRICTIONS FOR HIGH CASE REGIONS – PG 2

AS OF: May 5, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/enhanced-public-health-measures.aspx#provincewide

Expanded Restrictions for High Case Regions – May 5th Update

Places of Worship:

Mandatory, additional restrictions for hot spot regions – Effective May 5

- Faith services are limited to 15 in-person attendees.
- Physical distancing between households must be maintained at all times.
- Virtual or online services are strongly recommended.
- Drive-in services where people do not leave their vehicles and adhere to guidance are allowed.

Funerals:

Mandatory, additional restrictions for hot spot regions – Effective May 5

- 10-people maximum for funerals, including participants and guests.
- Funeral receptions are not permitted.

Workplace Rules:

Mandatory, additional restrictions for hot spot regions – Effective at May 5

- Any workplace, except work camps and essential and critical services, with transmission of 3 or more cases will be required by health officials to close for 10 days.
- Any workplace that does not comply will be subject to enforcement.
- Working from home remains mandatory unless the employer requires the employee's physical presence to operate effectively.
- Where at work for operational effectiveness, employees must mask for all indoor settings, except in work stations or where two-metre physical distancing or adequate physical barriers are in place.

Indoor and Outdoor Fitness, Performance and Recreation Activities:

Mandatory, additional restrictions for hot spot regions – Effective at 11:59 pm on May 9

Indoor activities

- All indoor sport, performance and recreation activities for youth and adults are prohibited.
- Indoor fitness and recreation facilities must close, including for 1-on-1 training.

Outdoor activities

- All outdoor sports and recreation activities are prohibited, except with members of your household, or your two close contacts if you live alone. This includes:
    - all group physical activities, such as team sports, fitness classes, training sessions
    - all one-on-one lessons and training activities
    - all practices, training and games
- Outdoor recreation facilities can remain open unless specifically closed by public health order.

Professional sport organizations

- Professional sport organizations that have received an exemption can continue, provided protocols are strictly followed.

FOR MORE INFORMATION ON COVID-19

811 (the Health Link maybe experiencing high volume, please refer to online links first if possible or dial 911 for emergency)

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097. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY

ALL ALBERTANS 12+ ELIGIBLE FOR THE COVID-19 VACCINE

Media Release Date: May 5, 2021 / **ORIGINAL SOURCE:** Alberta Government

WEBLINK: https://www.alberta.ca/release.cfm?xID=7810164D5B338-EBA9-4712-C30B98FA845B62F5

All Albertans 12+ eligible for the COVID-19 Vaccine

All Albertans over the age of 12 will soon be eligible for COVID-19 vaccine to protect themselves and stop the spike.

After offering vaccine to Albertans most at risk for severe outcomes, Alberta has now progressed to Phase 3, where everyone over the age of 12 can make an appointment to receive their first dose.

With this expansion, 3.8 million Albertans will become eligible for the COVID-19 vaccine.

To avoid overwhelming booking systems, appointments will be staggered in two age groups.

- Starting on May 6, every Albertan 30 or older (born in 1991 or earlier), can book an appointment through Alberta Health Services or a participating pharmacy.
- On May 10, appointment bookings will expand to include Albertans ages 12 to 29 (born in 2009 to 1992).

More than 1.66 million doses of vaccine have now been administered across the province. All vaccine appointments will continue to rely on the incoming supply to Alberta.

All eligible Albertans will be able to book appointments to receive a mRNA vaccine with AHS online or through 811.

Albertans can also book an appointment for these vaccines through participating pharmacies. To find the closest location to you with an earliest available booking date, check the list on Alberta Blue Cross.

Alberta's government is responding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta's health-care system.

Message from KTC:

How to book COVID-19 vaccines:

Members: contact your Health Centre to find out how to book.

Non-members: contact 811 or book online at https://www.alberta.ca/covid19-vaccine.aspx

FOR MORE INFORMATION ON COVID-19

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Public information gathered for distribution courtesy of KTC Admin

098. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
MASK EXEMPTION UPDATE

AS OF: May 13, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/masks.aspx#exceptions

Mask Exemptions Update

Anyone unable to wear a mask due to a medical condition will require a medical exception letter from an authorized health professional. The medical exception letter may be presented when in a public setting if requested by enforcement officials, or retrospectively in court if a ticket is issued.

Workplace Requirements:

Masks are mandatory in all indoor workplaces and facilities outside the home, except:

- when working alone in an office or a safely distanced cubicle or a barrier is in place
- rental accommodations used solely for the purposes of a private residence
- farm operations (exempt)

This requirement:

- applies to all employees, customers, visitors, delivery personnel and contractors
- includes any location where employees are present in-person
- includes all workplace locations where masks won't pose a safety risk
- does not change current student mask requirements in schools

Business Requirements:

- Private businesses may set their own policies as long as they also meet the minimum provincial requirements. This can include requiring individuals to wear masks while attending their business.
- Businesses and public places are encouraged to provide alternatives for patrons unable to wear masks, such as offering online orders, delivery or curbside pickup.

Exceptions Where Masks Requirements May Not Apply:

Private businesses may set their own policies as long as they also meet the minimum provincial requirements. This can inclu

- When you are only with people from your own household
- If you need assistance placing, using or removing a face mask
- If you are unable to wear a facemask due to a medical condition
- When consuming food or drink
- If engaging in high intensity physical exercise
- When providing or receiving care or assistance where a facemask would hinder that caregiving or assistance
- When alone at a workstation separated by at least 2 metres from other people
- When working in farm operations
- If you are the subject of a workplace hazard assessment in which it is determined that your safety will be at risk if you wear a mask while working
- If you are separated by every other person by a physical barrier that prevents droplet transmission
- If you need to temporarily remove your facemask while in a public place for an emergency or medical purpose or to:
    - receive a service that requires the temporary removal of a facemask
    - establish your identity

Exception for a Medical Condition:

Anyone unable to wear a mask due to a medical condition will require a medical exception letter from an authorized health professional.

- The medical exception letter must come from a nurse practitioner, physician or psychologist.
- The medical exception letter may be presented when in a public setting if requested by enforcement officials, or retrospectively in court if a ticket is issued.
- See the list of medical conditions for which an authorized health professional may issue a medical exception letter.

Resources:

- Order 22-2021: https://www.alberta.ca/assets/documents/covid-19-masking-medical-exception-letter-template.pdf
- Medical exemption letter template: https://www.alberta.ca/assets/documents/covid-19-masking-medical-exception-letter-template.pdf

If you qualify for an exemption:

- You don't need to provide proof unless it's for a medical condition.
- Consider contacting businesses before you visit them to learn more about options and requirements.
- You must follow all other public health measures, such as keeping 2 metres apart from other people.

FOR MORE INFORMATION ON COVID-19

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

Public information gathered for distribution courtesy of KTC Admin

099. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
K TO 12 IN-PERSON LEARNING UPDATE

AS OF: May 19, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/k-12-learning-during-covid-19.aspx#jumplinks-1

K to 12 Can Return to In-Person Learning

***This is an Alberta Government Update. Please follow up with KTCEA for more information about schools in the communities.**

The two-week shift to at-home learning has given the education system time to address the operational challenges caused by the rise of COVID-19 cases in the province. K-12 students in the Regional Municipality of Wood Buffalo will continue to learn at home for another week, with a targeted return to in-person learning on May 31.K to 12 students in the Regional Municipality of Wood Buffalo will continue to learn from home until May 31.

All schools in the Regional Municipality of Wood Buffalo (public, Catholic, charter and independent) will continue at-home learning for an additional week. Case numbers in this region have not been trending downward at the same rate as in other regions, which means a higher likelihood of continued in-school operational challenges.

The robust health protocols that have been in place in schools will continue, including mask requirements, cohorts, screening for symptoms and seating arrangements. That's in addition to the added layer of protection with more Albertans getting the COVID-19 vaccine, including school staff and students aged 12 and older.

The expansion of rapid screening testing at schools is also moving ahead as planned in Edmonton, Calgary, Fort McMurray, Grande Prairie and Lethbridge, and in other communities where needed, starting next week. School divisions in Edmonton and Calgary have been offered the opportunity to have testing teams available at select school sites before the return to in-person learning occurs. Rapid testing is another preventative layer against the spread of COVID-19 by quickly identifying people without symptoms who may have the virus. Education's rapid testing team will work with school divisions on final school selection, logistics, consent process and scheduling.

Use the following chart to find required and recommended actions to take if a student shows symptoms. If a student tests positive for COVID-19, they must isolate for at least 10 days.

If a student has these symptoms:	What to do:
• Fever • Cough • Shortness of breath or difficulty breathing • Loss of sense of smell or taste	• Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer. • COVID-19 testing is recommended. • Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19. • Do not enter any long-term care settings for 10 days and until symptoms have resolved. • If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.
One of the following symptoms: • Chills • Sore throat/painful swallowing • Runny nose/congestion • Headache • Muscle or joint aches • Feeling unwell/fatigued • Nausea, vomiting or diarrhea • Unexplained loss of appetite • Pink eye (conjunctivitis)	• Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better. • A COVID-19 test is not required but is available. • Do not enter any long-term care settings for 10 days and until symptoms have resolved. If a child has any 2 of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom: • COVID-19 test recommended. • May return to school after symptoms are gone, even without a COVID-19 test or results. • Do not enter any long-term care settings for 10 days and until symptoms have resolved. • If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

FOR MORE INFORMATION ON COVID-19

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

Public information gathered for distribution courtesy of KTC Admin

100. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
ISOLATION AND QUARANTINE REQUIREMENTS FOR VACCINATED

AS OF: May 20, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/isolation.aspx#requirements

Isolation and Quarantine Requirements for Vaccinated Albertans

If you are fully-vaccinated* and are exposed to a COVID-19 case:

- If you have no symptoms, you are not required to quarantine.
- If you do have symptoms, you must isolate for 10 days and should get tested – your isolation can end early if you test negative.

If you are partially vaccinated* and are exposed to a COVID-19 case:

- If you have no symptoms, you must quarantine for 10 days and should get tested.
    - Your quarantine can end early if you test negative on day 7 or later.
    - If you test negative before day 7, you must remain in quarantine and need a second negative test on day 7 or later to end quarantine.
- If you do have symptoms, you must isolate and should get tested.
    - If you test negative before day 7, you must continue to quarantine (10 days total from exposure date).
    - If you test negative on day 7 or later and your symptoms have resolved, your quarantine can end.

**You are considered fully vaccinated 14 days after receiving both doses in a 2-dose vaccine series, or 1 dose in a 1 dose vaccine series.*

**You are considered partially vaccinated 14 days after receiving the first dose in a 2-dose vaccine series.*

FOR MORE INFORMATION ON COVID-19

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

Public information gathered for distribution courtesy of KTC Admin

101. COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
ALBERTA'S OPEN SUMMER PLAN

AS OF: May 26, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/opensummer

Alberta's Open Summer Plan

Alberta's Open for Summer Plan includes three stages based on vaccination thresholds and hospitalizations:

- Stage 1: Two weeks after 50 per cent of Albertans age 12-plus have received at least one dose of vaccine and COVID-19 hospitalizations are below 800 and declining.
- Stage 2: Two weeks after 60 per cent of Albertans age 12-plus have received at least one dose of vaccine and COVID-19 hospitalizations are below 500 and declining.
- Stage 3: Two weeks after 70 per cent of Albertans age 12-plus have received at least one dose of vaccine.

Stage 1: Two weeks after 50 per cent of Albertans age 12-plus have received at least one dose of vaccine and hospitalizations are below 800 and declining.

Starting May 28:

- The capacity limit for worship services increases to 15 per cent of fire code occupancy.

Starting June 1:

- Outdoor social gatherings, with distancing, increase to up to 10 people.
  - Indoor social gatherings are still not permitted.
- Outdoor patio dining can resume with a maximum of four people per table.
  - Everyone at the table must be members of the same household or for a person living alone, dining parties are limited to two close contacts.
  - Physical distancing and other restrictions still apply.
- Outdoor physical, performance and recreational activities are permitted with up to 10 distanced people, for all ages.
- Retail can increase to 15 per cent of fire code occupancy (must maintain ability to distance).
- Personal and wellness services can reopen, by appointment only.
- Wedding ceremonies may have up to 10 people, including the officiant, bride/groom, witnesses and any photographers/videographers. Receptions remain prohibited.
- Funeral ceremonies may have up to 20 people, not including facility staff, funeral clergy or organizers not considered guests. Receptions remain prohibited.
- Distancing and masking requirements remain in effect.

Stage 2: Two weeks after 60 per cent of Albertans age 12-plus have received at least one dose of vaccine and hospitalizations are below 500 and declining.

- Outdoor social gatherings increase to 20 people, with distancing.
- Wedding ceremonies may occur with up to 20 attendees. Receptions are permitted outdoors only.
- Funeral ceremonies remain unchanged with up to 20 people permitted, not including facility staff, funeral clergy or organizers not considered guests. Receptions are permitted outdoors only.
- Restaurants may seat tables with up to six people, indoors or outdoors.
  - Dining parties are no longer restricted to households only.
  - Physical distancing and other restrictions still apply.
- Retail capacity increases to one-third of fire code occupancy (must maintain ability to distance).
- Capacity for places of worship increases to one-third of fire code occupancy.
- Gyms and other indoor fitness open for solo and drop-in activities with three-metre distancing between participants and fitness classes may resume with three-metre distancing.
- Indoor settings may open with up to one-third of fire code occupancy, including indoor recreation centres. This includes arenas, cinemas, theatres, museums, art galleries and libraries.
- Indoor and outdoor youth and adult sports resume with no restrictions.
- Youth activities, such as day camps and play centres, may resume, with restrictions.
- Personal and wellness services can resume walk-in services.
- Post-secondary institutions can resume in-person learning.
- The work-from-home order is lifted but still recommended.
- Outdoor fixed seating facilities (e.g., grandstands) can open with one-third seated capacity.
- Public outdoor gatherings increase to 150 people (e.g. concerts/festivals), with restrictions.
- Distancing and masking requirements remain in effect.

Stage 3: Two weeks after 70 per cent of Albertans age 12-plus have received at least one dose of vaccine.

- All restrictions are lifted, including the ban on indoor social gatherings.
- Isolation requirements for confirmed cases of COVID-19 and some protective measures in continuing care settings remain.

FOR MORE INFORMATION ON COVID-19

https://www.alberta.ca/coronavirus-info-for-albertans.aspx (Alberta Health)

https://www.albertahealthservices.ca/topics/Page16944.aspx (Alberta Health Services)

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html (Public Health Agency of Canada)

Public information gathered for distribution courtesy of KTC Admin

103.COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
ALBERTA'S OPEN SUMMER PLAN – STAGE 2

AS OF: June 10, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/opensummer

Alberta's Open Summer Plan – Stage 2 – Effective June 10, 2021

Stage 2: Two weeks after 60% of Albertans 12+ (born in 2009 or earlier) have received at least one dose, and hospitalizations are below 500 and declining - in effect June 10.

*Note these are Alberta Provincial Guidelines, please continue to follow any additional community restrictions.

At a glance: (see additional pages for further details)

- Outdoor social gatherings – up to 20 people with distancing (indoor social gatherings still not permitted)
- Indoor recreation, entertainment and other settings (rec centres, arenas, casinos, cinemas, theatres, museums, galleries, libraries, etc.) – open at 1/3 of fire code occupancy
- Gyms and fitness studios – open for solo and drop-in activities and indoor fitness classes with 3 metre distancing
- Funeral services – up to 20 people, indoors and outdoors (receptions permitted outdoors only)
- Wedding ceremonies – up to 20 people, indoors and outdoors (receptions permitted outdoors only)
- Places of worship – 1/3 of fire code occupancy
- Personal and wellness services – resume walk-in service
- Post-secondary – resume in-person learning
- Restaurants – 6 people per table max, indoors or outdoors
- Retail – 1/3 of fire code occupancy (must maintain ability to distance)
- Youth activities (day camps, overnight camps, play centres) – resume with restrictions
- Youth and adult sports – resume with no restrictions, indoors and outdoors
- Outdoor public gatherings (concerts/festivals) – up to 150 people
- Outdoor fixed seating facilities (grandstands) – 1/3 seated capacity
- Work from home order is lifted but still recommended
- Distancing and masking requirements remain in effect

Outdoor Social Gatherings: - *Mandatory restriction – Effective June 10*

- 20 people maximum for all outdoor social gatherings (indoor social gatherings still not permitted).
- Mandatory physical distancing must be maintained at all times between members of different households.
- Outdoor gatherings must not have an indoor component (movement in/out of homes is not permitted).

Funerals: - *Mandatory restriction – Effective June 10*

- Funeral services and receptions – 20 people maximum, not including facility staff, funeral clergy or organizers not considered guests.
- Receptions are permitted outdoors only.
- Mandatory physical distancing between households remains in effect.
- Mask use is mandatory for indoor services.
- Maximum limits apply to any facility, including places of worship and funeral homes, seated or non-seated.

Weddings: - *Mandatory restriction – Effective June 10*

- Wedding ceremonies and receptions – 20 people maximum including the officiant, bride/groom, witnesses, and any photographers/videographers.
- Receptions are permitted outdoors only.
- Mandatory physical distancing between households remains in effect.
- Mask use is mandatory for indoor services.
- The maximum limit applies to any facility, including places of worship, seated or non-seated events.

Places of Worship: - *Mandatory restriction – Effective June 10*

- Indoor faith service attendance is limited to 1/3 of fire code occupancy.
- Outdoor faith service attendance is limited to 150 people.
- Virtual, online, or drive-in services where people do not have to leave their vehicles are recommended.
- Mandatory physical distancing between households must be maintained.
- Mask use is mandatory for indoor services:
    - faith leaders and other speakers can remove their masks while speaking if there is a distance of 2 metres and must be put on again once finished speaking.
    - performers must wear masks at all times.
- Group performance activities, such as choir singing and playing music, are permitted if they are normal worship practices and not for the purpose of entertainment.
- In-person faith group meetings and other religious gatherings are:
    - not permitted in private homes while these measures are in effect.
    - permitted when conducted at a place of worship as long as physical distancing and public health measures are followed.

Out-Of-Town Travel and Visitors: - *Mandatory restriction – Effective June 10*

Returning to Alberta:

- If you do not have a household in Alberta, you must not stay in other people's homes while indoor gathering restrictions are in place.
- If you belong to the household, you are permitted to return to the home (child returning home from post-secondary).

Visitors to Alberta:

- Out-of-town visitors cannot stay in other people's homes while indoor gathering restrictions are in place, regardless of where they are coming from.

Schools, Post-Secondary and Child Care: *Note this is AB Provincial guidelines, please follow up with the Community School or KTCEA for their updates

- Kindergarten to Grade 12 schools in all areas of the province returned to in-person learning as of June 1.
- Post-secondary schools returned to in-person learning as of June 10.
- Childcare facilities can remain open.

Fitness, Recreation and Sport Activities (indoor and outdoor):

- Students may participate in physical, performance and recreation activities as part of their education program inside a school building or at an outdoor location, with no restrictions.

Indoor Fitness and Recreation Facilities: - *Mandatory restriction – Effective June 10*

- Indoor recreation facilities (such as arenas, indoor wave pools, children play centres, bowling alleys and rec centres) can open at 1/3 of fire code occupancy.
- Gyms and fitness studios can open for solo and drop-in activities, one-on-one training, and indoor fitness classes.
- Additional safety measures include:
    - 3 metres of physical distancing must be maintained at all times.
    - Indoor fitness spaces, including spaces for group fitness classes, are limited to the number of people able to fit in the space while maintaining 3 metre distance from each other at all times.
    - Pools, steam rooms, saunas, and hot tubs within a fitness facility may operate at one-third capacity (2 metre distance between households)
    - Trainers and instructors may be able to come within 3 metres distance of a client/participant for brief moments to correct form or help demonstrate. However, they must be masked during the interaction and sanitize hands before and after.
- Masking is:
    - no longer required for exercise but is strongly encouraged for all participants, especially during indoor exercise classes or in small spaces with limited ventilation
    - still required when not engaging in the fitness activity, such as while moving between fitness equipment or changing in locker rooms

Outdoor Fitness and Recreation Facilities: - *Mandatory restriction – Effective June 10*

- Outdoor fitness classes and groups are allowed with no capacity limits, as long as 2 metres distance is maintained between members of different households at all times.
- Outdoor recreation facilities can open with no capacity limits, but 2 metres distance must be maintained between members of different households. Examples include: outdoor pools and spray parks, golf courses, tennis and pickleball courts, croquet pitches, running and bicycle tracks, velodromes.

Sport and Recreation Activities: - *Mandatory restriction – Effective June 10*

- All indoor and outdoor sport and recreation activities are permitted provincewide, including:
    - team sports
    - group practices or training
    - games, competitions and league play
- Physical distancing is not required during game play or sports practice, but is required outside of play/practice.
- Masks are required for indoor sports that are primarily low-intensity physical activities (bowling).

Spectators:

- Spectators can attend indoor and outdoor physical activities and performances:
    - 1/3 venue capacity for indoor activities (arenas, theatres) and for outdoor fixed-seated (grandstand) events
    - 150 people maximum for non-fixed seated events (this limit includes spectators, athletes/performers, production teams, referees and coaches)
    - 2 metres of physical distancing must be maintained at all times

Youth Day and Overnight Camps: - *Mandatory restriction – Effective June 10*

- Camps can operate with cohorts of 50 or fewer participants.
    - Cohort is a group of participants and staff who stay together for duration of camp
    - Camps can have multiple cohorts (no capacity limit) but cohorts must be separated at all times, including dining and activities
    - Participants should reside in the same accommodation as the rest of their cohort for the duration of their stay (no rotating)
- Masks are required in all communal indoor areas, but not in the accommodation area.

Professional Sport Organizations: - *Mandatory restriction – Effective June 10*

- Professional sport organizations that have received an exemption can continue, as long as protocols are strictly followed.

Performance Activities (indoor and outdoor): - *Mandatory restriction – Effective June 10*

- Indoor performance activities are permitted, including:
    - dancing, singing, acting or playing a musical instrument
    - rehearsals or theatrical performances
- Additional safety requirements
    - Performance activities can occur in any indoor or outdoor facility that is allowed to be open, with capacity limits.
- Masking:
    - is required while rehearsing and practicing indoor performance activities, including singing
    - is not required during the live performance (e.g., during filming or with a live audience)

Outdoor <u>Public</u> Events and Gatherings: - *Mandatory restriction – Effective June 10*

- Outdoor public gatherings (such as concerts and festivals) are permitted with up to 150 people.
- Outdoor fixed seating facilities (such as grandstands) are limited to 1/3 of their total seated capacity.
- **Additional safety requirements:**
    - Masks must be worn indoors (going inside for snacks or to the washroom).

Restaurants, Bars, Pubs, Lunges & Cafes: - *Mandatory restriction – Effective June 10*

- Indoor and outdoor dining is permitted.
- 6 people per table maximum – different households can dine together at a table.
- Takeout, curbside pickup and delivery are encouraged.
- Additional safety measures:
    - Contact information must be collected from one person of the dining party.

Continued...

- Tables and dining parties must be 2 metres apart or separated by an impermeable barrier that will prevent droplet transmission.
- Individuals must stay seated with their dining party unless using the washroom, paying, or entering/exiting the facility. Masks must be worn indoors when not at your table.
- Liquor service ends at 11 pm.
- Dining must close by midnight.
- VLTs are permitted. No other forms of entertainment allowed (pool tables, live music, etc.).
- Dinner theatres are permitted at 1/3 capacity.

Retail: - *Mandatory restriction – Effective June 10*

- Customer capacity limited to 1/3 of fire code occupancy, or 5 customers, whichever is greater. Staff are not included in this total.
- Shopping mall capacity limits exclude common area square footage.
- Additional safety measures:
  - Curbside pick-up, delivery and online services are encouraged.
  - Shop alone or only with the people you live with (see tips for shoppers).
- **Examples of retail services**
  - Retail businesses
  - Shopping centres and malls
  - Grocery stores, markets and pharmacies
  - Clothing and sporting goods stores
  - Computer and technology stores
  - Hardware and automotive
  - Liquor and cannabis
  - Pet supply stores
  - Gift shops

Entertainment Facilities: - *Mandatory restriction – Effective June 10*

- Entertainment businesses and entities can open with capacity limited to 1/3 of fire code occupancy. Examples include:
  - Casinos, bingo halls, gaming centres
  - Racing centres, horse tracks, raceways
  - Bowling alleys, pool halls
  - Art galleries and museums
  - Libraries
  - Science and interpretive centres
  - Amusement and water parks
  - Children's play centres and indoor playgrounds
  - Movie theatres, auditoria and concert halls
- Nightclubs must remain closed until Stage 3.

Personal and Wellness Services: - *Mandatory restriction – Effective June 10*

- All personal and wellness services can open for appointments and walk-in service.
  - Services should be limited to one-on-one.
  - Businesses must follow all current public health guidance.
  - Home-based businesses must follow the restrictions for the type of service they provide.

Health, Social and Professional Services: - *Mandatory restriction – Effective June 10*

The following services can remain open as long as public health orders and sector guidance is followed.

- Regulated health services, including:
  - physicians, dentists
  - physical therapists
  - optometrists
  - chiropractors
  - hearing aid practitioners
  - acupuncturists
  - naturopaths

Continued…

- Non-regulated health services, including:
  - massage therapists (a prescription or referral is no longer required)
  - manual osteopaths
  - kinesiologists
  - athletic therapists
- Professional services, including:
  - lawyers
  - mediators
  - accountants
  - photographers
- Social services, including:
  - social, protective or emergency services
  - shelters for vulnerable persons
  - not-for-profit community kitchens, religious kitchens and soup kitchens
- Home-based businesses should follow the restrictions for the type of service they provide.

Hotels, Banquet Halls, Community Halls and Conference Centres: - *Mandatory restriction – Effective June 10*

- Hotel, motel, hunting and fishing lodge facilities must operate by the same rules as restaurants, retail, fitness centres and pools (refer to sections above for details).
- Banquet halls, community halls and conference centres:
- Permitted activities:
  - wedding ceremonies up to 20 people
  - funeral services up to 20 people
  - trade shows at 1/3 capacity
- Prohibited activities:
  - Indoor wedding or funeral receptions (permitted outdoors only)

Working From Home and Workplace Transmission Prevention: - *Mandatory restriction – Effective June 10*

- Working from home is recommended – but no longer mandatory – if the employer does not require the employee's physical presence to operate effectively.
- Employees must wear a mask in all indoor workplaces, except:
  - in work stations or where 2-metre distancing or adequate physical barriers are in place
  - a workplace hazard assessment determines there is a safety risk
- Any workplace with transmission of 3 or more cases will be required to close for 10 days. Work camps, essential and critical services are exempt.
- Any workplace that does not comply will be subject to enforcement.
- See workplace closures for more information.

ALBERTA'S OPEN SUMMER PLAN – STAGE 3

AS OF: July 1, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/opensummer

Alberta's Open Summer Plan – Stage 3 – Effective July 1, 2021

Alberta entered Stage 3 on July 1. All public health measures have now been lifted except for isolation/quarantine requirements and masking requirements in health care settings and public transit.

Lifted Restrictions:
All other public health measures have been lifted. This includes all restrictions on:

- social gatherings – there are no longer capacity limits on either indoor or outdoor gatherings
- recreation, performance and entertainment activities
- business closures and capacity restrictions
- large events, including concerts, sporting events, exhibitions and festivals

Masking:
Mask use in public indoor settings is no longer required except for some specific situations:

- working in or visiting some health care settings, such as long-term care
- using public transit, including ride share vehicles, taxis, motor coaches and shuttles

Note: Municipalities and businesses are free to set masking requirements as they see fit. For example, businesses may require staff and/or customers to wear masks inside their place of business.

While masking is no longer required in most situations, it is important to support those who may wish to continue wearing masks while adjusting to Stage 3.

Isolation and Quarantine Requirements:
Alberta's requirements for isolation (if you have symptoms) and quarantine (if you have been exposed to COVID-19 through a close contact) remain in place. For more information go to: https://www.alberta.ca/isolation.aspx

Provincial quarantine rules for returning international travellers have been lifted, but federal requirements remain in place. For more information go to: https://www.alberta.ca/covid-19-travel-advice.aspx

Health Care and Congregate Care Settings:
Alberta's move to Stage 3 does not change requirements in the existing public health orders for licensed supportive living, long-term care and hospice settings. Stage 3 will impact activities off-site, but existing on-site restrictions will remain in place at this time. For more information on current restrictions in these settings go to: https://www.alberta.ca/protecting-residents-at-congregate-care-facilities.aspx

Additional Guidance for Businesses and Event Organizers:
In Stage 3, businesses can resume the same operations and level of activity as they were able to do before the pandemic began.

- See general guidance for COVID-19 and other respiratory illnesses for optional mitigations to protect the health of your staff and customers: https://open.alberta.ca/publications/general-guidance-for-covid-19-and-other-respiratory-illnesses
- See guidance for activities with children for best practices to protect children ages 11 and under: https://open.alberta.ca/publications/covid-19-information-stage-3-guidance-activities-with-children-11-and-under
- Updated guidance is also available for workplaces and settings that involve children, such as childcare facilities. Sector-specific guidance from the previous stage is also available for additional reference: https://www.alberta.ca/guidance-documents.aspx

Assessing Personal Risk:
With the removal of most mandatory restrictions, Albertans are encouraged to assess and manage their personal risk during the final stages of the pandemic. It is reasonable for people to continue using precautions that will serve their needs.

Risk factors:
When assessing your personal risk, it is important to consider your setting, individual health and wellness factors, and comfort level. Factors that increase COVID-19 risk:

- You are not fully vaccinated yet.
- You regularly interact with children 11 and under who cannot be vaccinated yet.
- You attend crowded indoor spaces.
- You have risk factors for severe health outcomes from COVID-19.

Factors that lower COVID-19 risk:

- You are fully vaccinated.
- You mostly socialize outdoors, instead of indoors.
- You have a small social circle.
- You can normally maintain distancing from other people.

Consult your physician or primary health care provider if you want input on assessing your personal risk of severe outcomes or to assist in determining your personal risk level.

Additional precautions:
The best thing you can do to support your health and reduce the risk to the broader community is to get vaccinated. Vaccines are our best protection against COVID-19 and the safest and most effective way to protect against infection and severe illness. Additionally, all Albertans should:

- practice good hand and respiratory hygiene
- stay home when they are sick

If you have risk factors as described above, it is reasonable to consider additional precautions such as:

- avoiding or limiting time spent in crowded indoor places
- minimizing close contact with anyone showing cold-like symptoms
- continuing to use a face mask

Mental Health Supports:
As we enter Stage 3 and mandatory restrictions are lifted, Albertans face a period of adjustment. Although the easing of restrictions is welcome, re-opening will impact everyone differently, and may bring increased anxiety for some.

We encourage Albertans to access supports that are available, if and when they are needed, and to respect how others are adjusting in this time of transition. For additional guidance, see mental health support PDF: https://www.alberta.ca/assets/documents/covid-19-mental-health-support-stage-3.pdf

104.COVID-19 ALBERTA GOVERNMENT EXTERNAL ADVISORY
EXTENDING TIMELINES FOR COVID-19 TRANSITION

AS OF: August 13, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/release.cfm?xID=7969780D1EF90-D2C6-454E-4475939005F154C9

Extending Timelines for COVID-19 Transition – Effective until Sept 27, 2021

Alberta will take additional time to implement its plan to bring the province's COVID-19 response in line with other respiratory viruses.

After closely monitoring COVID-19 in Alberta for the previous two weeks and reviewing emerging evidence from other jurisdictions, the following will continue until Sept.27:

- Mandatory masking orders in publicly accessible transit, taxis and ride-shares.
- Mandatory isolation for 10 days for those with COVID-19 symptoms or a positive test result.
- Testing at assessment centres for any symptomatic individual.

These measures were scheduled to be eased on Aug. 16; however, this six-week pause will provide additional time to monitor severe outcomes of COVID-19 and increase immunization rates.

Recent Evidence:
Recent data from here in Alberta and other jurisdictions including the U.K. and U.S. shows a wide range of acute care impacts at similar level of vaccination to Alberta's. The uncertainty and potential for larger impacts warrants further caution, although a peak in admissions that would disrupt the health system at provincial level remains extremely unlikely. Health officials will continue to closely monitor hospitalizations and other severe outcomes due to COVID-19 in the province.

Get Fully Vaccinated:
Albertans are encouraged to continue booking appointments for first and second doses to ensure full effectiveness and long-lasting protection. Being fully immunized is the best way to protect yourself and those around you.

For more information visit: https://www.alberta.ca/covid-19-public-health-actions.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=OFS&utm_content=v7&gclid=CjwKCAjwsNiIBhBdEiwAJK4khvhylW3-jTcBW4fY5jsh_olfDVMsPgE_traULTGo0QlH06egdH1uUxoCZYoQAvD_BwE

AS OF: August 30, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:**
https://www.alberta.ca/release.cfm?xID=79756F876B4E6-D0CF-EE2A-5B0A09CE5864BEFD

Third Vaccine Dose Available to Seniors in Congregate Care & Immunocompromised

Starting Sept. 1, third doses of COVID-19 vaccine will be available for all seniors living in congregate care facilities and for immunocompromised Albertans.

Receiving a third dose will boost immunity levels and improve protection for all seniors living in congregate care facilities and individuals with compromised immune systems.

Seniors Living in Congregate Care:
Seniors living in congregate care facilities will be eligible to receive their third dose approximately five months after their second dose. Eligible residents will receive their third doses at their facilities.

Immunocompromising conditions:
Immunocompromising conditions that qualify for an additional dose at least eight weeks after their second dose include:

- Transplant recipients, including solid organ transplants and hematopoietic stem cell transplants.
- Individuals with chronic kidney disease who are receiving regular dialysis.
- Individuals in active cancer treatment (chemotherapy, immunotherapy or targeted therapies) excluding those receiving only hormonal therapy, radiation therapy or surgery.
- Individuals on certain medications for autoimmune diseases, including rituximab, ocrelizumab and ofatumumab.

Posted: September 3, 2021 / **ORIGINAL SOURCE:** Alberta Government / **WEBLINK:** https://www.alberta.ca/masks.aspx

Mandatory Mask Requirement Changes – Effective September 4, 2021

Starting September 4 at 8 a.m. masks will be mandatory for all indoor public spaces and workplaces.
Schools are not required to implement masking, but school boards will continue to set COVID-19 management policies as deemed appropriate.

Why Use a Mask:
Wearing a homemade or non-medical mask in public is a tool to help prevent the spread of COVID-19 and other respiratory illnesses. It hasn't been proven that masks protect the person wearing it, but it can help protect people from being exposed to your germs.

Mask use is not required if:

- the individual is under 2 years of age
- the individual qualifies for a medical exception

Business requirements:

- Private businesses may set their own policies. This can include requiring individuals to wear masks while attending their business.
- Businesses are encouraged to provide alternatives for patrons unable to wear masks, such as offering online orders, delivery or curbside pickup.

Exception for a medical condition:

- In the specific settings where a mask is required, anyone unable to wear a mask due to a medical condition will require a medical exception letter from an authorized health professional.
- The medical exception letter must come from a nurse practitioner, physician or psychologist.
- The medical exception letter may be presented when in a public setting if requested by enforcement officials, or retrospectively in court if a ticket is issued.

Posted: September 3, 2021 / **ORIGINAL SOURCE:** Alberta Government /

WEBLINK: https://www.alberta.ca/covid-19-public-health-actions.aspx

COVID-19 Public Health Actions – Temporary Measures – Effective Sept 4, 2021

Temporary measures are in place to reduce the impacts of COVID-19 on the health care system. Find out what you need to do.

COVID-19 transmission is increasing and hospital admissions are rising, largely in unvaccinated Albertans. Alberta is taking temporary measured steps to reduce transmission and prevent the health care system from being overwhelmed. These temporary measures come into effect September 4 at 8 am.

Vaccines are our best defence to beat COVID-19. All eligible Albertans are encouraged to get vaccinated. A one-time incentive of $100 is now available for all Albertans 18+ who receive a first or second dose between September 3 and October 14.

Restaurants, Cafes, Bars, Pubs and Nightclubs: - Effective Sept 4 at 8 am

- Alcohol service must end at 10 p.m. in all licensed establishments.

Social Gatherings: Effective Sept. 4 at 8 am

- Albertans are encouraged to limit in-person contacts.
- Unvaccinated Albertans are strongly recommended to limit indoor social gatherings to close contacts of only 2 cohort families up to a maximum of 10 people.

Working From Home: Effective Sept. 4 at 8 am

- Employers are recommended to continue work-from-home measures where possible, and to pause or revert plans to have staff return to work.
- If employees are working on location, they must mask in all indoor settings except work stations.

Posted: September 3, 2021 / **ORIGINAL SOURCE:** Alberta Health Services / **WEBLINK:** https://www.albertahealthservices.ca/news/Page16174.aspx?fbclid=IwAR21ushs5moB4N-PCCiqK-gxhLA5p-XRUqCiphF96rmUpti8c-Fnf2KK9yY

AHS Postpones Scheduled Surgeries Due to COVID-19

The rise in COVID-19 cases in the community and the resulting demand on hospital resources means AHS must take further immediate steps to create additional ICU capacity. AHS is postponing scheduled surgeries and procedures across all zones. All patients who are affected will be contacted directly by AHS.

In the North Zone, surgical postponements of up to 60 per cent are expected next week.

- In the Edmonton Zone, postponements of scheduled surgeries and procedures will increase to up to 50 percent.
- Central Zone will be postponing up to 40 percent of endoscopy procedures and up to 30 per cent of scheduled surgeries.
- Calgary Zone and South Zone are postponing up to 30 percent of scheduled surgeries, endoscopy and outpatient visits.

AHS will maintain urgent and emergent procedures, as well as prioritized cancer surgeries.

AHS is working to open and staff additional acute care and ICU beds across the province as quickly as possible.

Calgary Zone is opening five beds in the Pandemic Response Unit (PRU) located at South Health Campus to be used for day medicine patients, not patients with COVID-19. The day medicine spaces in SHC will be used for general inpatients.

Edmonton Zone is also preparing the PRU at the Kaye Edmonton Clinic to potentially open in the next few weeks. Patients who are recovering from COVID-19 and are deemed to be at low risk of transmitting the virus would be treated at the PRU if that additional capacity is required.

These surgical postponements will help free up space in our hospitals for patients who need a higher level of care, and support redeployment of frontline staff and resources to areas of greatest need. AHS is also asking all part-time and casual staff who are available to take extra shifts to please do so. Staffing has become the critical issue in this wave of the pandemic.

We acknowledge that our frontline physicians and staff are tired after 19 months of pandemic response. We are extremely grateful for everything they have done for Albertans, and we regret asking them to go above and beyond again.

This situation is serious, and we would like to remind all Albertans that we need their help in reducing the transmission of COVID-19 in the community, which in turn will reduce strain on the healthcare system.

We strongly urge all eligible Albertans to get immunized as quickly as possible, which is your best defence against a severe outcome from COVID-19.

DON'T WAIT. VACCINATE.

Why get vaccinated?

Why get vaccinated?

- It protects you from COVID-19, its complications and severe outcomes.
- It protects the ones you love that cannot get the vaccine.
- Vaccines are one of the many important tools to help us stop this pandemic.

How to book your vaccine?

- Off-Reserve: book online with AHS or call 811
- On-Reserve: contact your Health Centre

Note booking is subject to the phased rollout plan.

VACCINE COMMON QUESTIONS

I've recovered from COVID-19, should I still get the COVID-19 vaccine?

- Yes, you should still be immunized. There is no mandatory waiting period between having COVID-19 and being immunized; however it is recommended that people wait until they are feeling better.

Can the COVID-19 Vaccine give me a coronavirus infection?

- No, none of the COVID-19 vaccines authorized for use in Canada contain the live virus that causes COVID-19. The vaccine cannot make you sick with COVID-19.

How can I know the vaccines are safe and not rushed?

- The development of the COVID-19 vaccines weren't rushed; they were prioritized and supported with a global effort. Only vaccines that are safe and effective will be approved for use in Canada.

Why do I need a second dose and should it be the same type of vaccine?

- Building immunity takes time. One dose of vaccine may not be enough to provide individual protection. To ensure you body develops adequate immunity, a 2nd dose is recommended. Your 2nd dose should be the same vaccine type as your 1st dose.

Does the COVID-19 vaccine work against the new variants?

- Based on the evidence so far, the new variants of SARS-CoV-2, do not alter the effectiveness of the vaccines. The monitoring on new variants and the vaccine effectiveness is ongoing.

When does the vaccine start to build immunity?

- On day 14, the antibodies produce a protective response with 70-80% immunity protection. 7 days after the second dose, immunity protection is boosted to 90-95%.

Why do I still have to wear a mask and follow health measures?

- COVID-19 vaccines are effective at protecting you from getting sick. We're still learning how vaccines will affect the spread of COVID-19. After you have been fully vaccinated, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding gatherings.

Is there side effects to the vaccine?

- You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Information provided on this document is from Government of Canada as of April 1, 2021
https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html

GETTING THE VACCINE

How to get your vaccine and what to expect at booking

The first step is booking your vaccine appointment.

1.Prepare for Your Appointment:

- Follow directions provided to you at time of booking.
- Bring one piece of identification with you that proves your age and your Alberta Health Care Card.
- Wear clothing that will easily allow access to your upper arm for receiving the immunization.
- Need transportation? Reach out to your health centre.

2. Coming to Your Appointment:

- Please come alone unless you require assistance. Those requiring assistance can bring one support person to accompany them during the appointment and must follow all protective health measures.
- **DO NOT ATTEND** if you have been in close contact with a COVID-19 case in the last 14 days or if you are experiencing symptoms. Call to modify your appointment.

3. What to expect at your appointment:

- Wait in your car until just before your appointment time.
- Wear a mask at all times.
- Follow physical distancing measures and directional signs.
- Check in with the nurse and provide your identification and health care card.
- The nurse will go over the vaccine process and answer any questions you may have.
- You will be given a Client Care After Immunization sheet.
- Be prepared to stay up to 15 minutes after your vaccine for staff to monitor you.

Distraction Techniques

Tips to ease pain and distress before, during and after immunization.

Deep Relaxation Breathing
Breath in through your nose and out through your mouth.
Count to 3 each time.

Rapid Fire Questions
Name 5 cities
Name 4 sports
Name 3 types of fruit

Use Technology
Use a phone or tablet to play a game or listen to music.

Engage Another Part of the Body
Wiggle your toes or fingers.
Relax the arm getting the immunization.

Shift Attention
Look away from the procedure or think about a favourite place.

Information in this document is provided by Alberta Health Services and KTC Health as of April 29, 2021
https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-commitment-comfort-vaccine-distraction-techniques-poster-8-5x11.pdf

POSSIBLE SIDE EFFECTS

Possible Side Effects After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Common Side Effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Headache
- Muscle Pain
- Chills
- Fever
- Nausea

Side effects after your second shot may be more intense than the ones you experienced after your first shot. These side effects are normal signs that your body is building protection and should go away within a few days.

Helpful Tips

Talk to your doctor, nurse or pharmacist about taking over-the-counter medicine such as ibuprofen (Advil), acetaminophen (Tylenol), or aspirin for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally. It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects.

To reduce pain and discomfort on arm:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor or community nurse:

- If the redness or tenderness where you got the shot gets worse after 24 hours.
- If your side effects are worrying you or do not seem to be going away.

If at anytime you think you might be having a severe allergic reaction , seek immediate medical care.

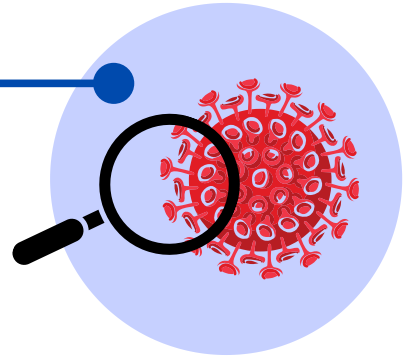
Information in this document is provided by Government of Canada as of March 30, 2021
https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html

ABOUT THE MODERNA & PFIZER VACCINES

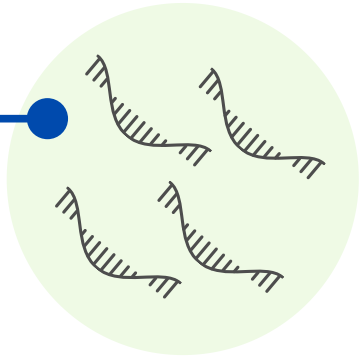
Understanding the mRNA Vaccines

To build a mRNA vaccine, scientists only need to access the genetic sequence of SARS-CoV-2, and not the actual virus.

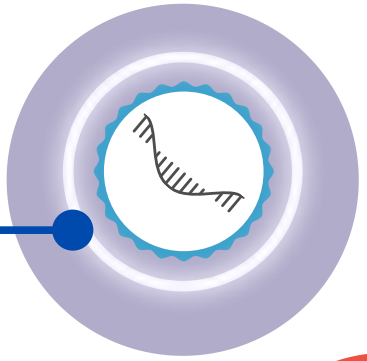
What causes COVID-19? Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called spike proteins. These spike proteins are ideal targets for vaccines.



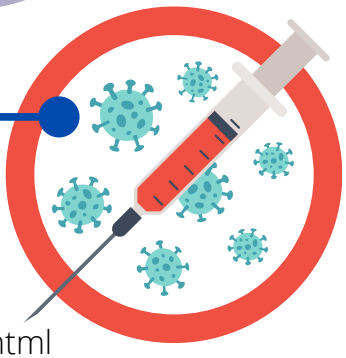
What is mRNA? Messenger RNA, or mRNA, is a genetic material that tells your body how to make proteins.



What is the vaccine? The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.



How does the vaccine work? The mRNA in the vaccine teaches your cells how to make copies of the spike protein. If you are exposed to the real virus later, your body will recognize it and know how to fight it off. After the mRNA delivers the instructions, your cells break it down and get rid of it.



For detailed information on authorized vaccines, including how they work, ingredients and possible side effects, go to:
https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html

Information in this document is provided by US CDC as of March 30, 2021: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html

Using Technology to Connect with Your Loved Ones

Technology is an easy way to stay connected with your loved ones. Social distancing does not mean social isolation. Now, more than ever, we need to find smart ways to stay connected. All sorts of online options exist to make it easy and convenient to stay in touch with loved ones.

While no technology can take the place of in-person human interaction, video chat services like Skype, or Internet-based communication channels such as e-mail and social media, can facilitate social interactions when visits with friends and family are limited, or not possible.

Technologies to Stay Connected

Phones

Calling loved ones is a great way to keep in touch, and with cell phone plans with nationwide minutes, families can connect across the globe.

Skype

Skype has revolutionized the ways that families stay in touch, making it easy to make free video calls from anywhere in the world with an Internet connection. Skye can be downloaded on a phone, laptop or tablet.

Google Duo

Google Duo is another option to Skype that can be easily downloaded on a laptop, phone or a tablet. The Google Duo is the highest quality video calling application that is simple and reliable to use.

Facebook

Let your loved ones know how you are doing with a quick update or message during the day.

Facebook Messenger

At this time, when most people are on Facebook, they also have access to Messenger. Messenger has convenient features like texting, video and voice messaging that can be used free Wi-Fi.

Apple Face-Time

Iphones have the convivence of using Face-Time as a way to connect face to face at any time from any place. Face-Time functionality is already built in and can be used at a touch of a button.

E-Mail

E-Mails are not as personal as a face-to-face conversation or hearing someone's voice on the phone, but it is an easy way to stay in touch if you don't have time to talk. A quick e-mail can help pass the time and make everyone feel connected.

Texting

Texting is a great way to check-in and lets your loved ones know you are thinking of them at a moment's notice. Sending a quick hello is an easy way to make someone's day.

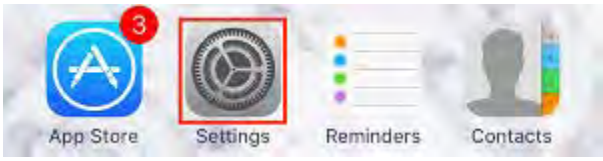
Instructions on how to Download - Video Messaging through Skype, Apple FaceTime and Google Duo

Apple IOS:

To install Facetime Video Calling on iPhone, iPad, or Mac, please use the following directions:

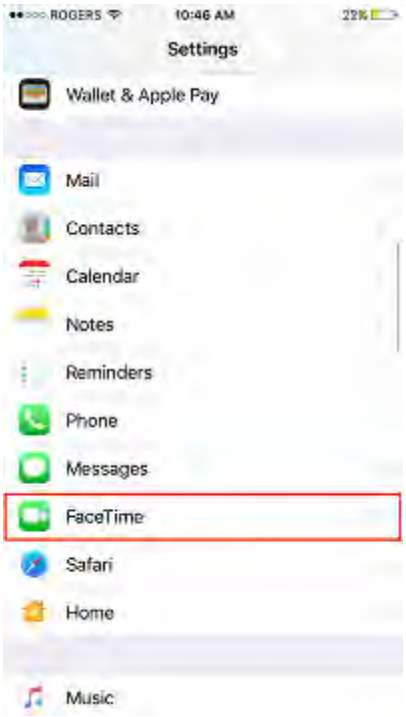
1. Open the settings on your device.

Tap the **silver gear** icon on your home screen to access your settings.



2. Scroll down, and tap FaceTime.

Slide your finger upwards across the screen to scroll down. When you see the **FaceTime** category appear, tap on it.



3. Move the toggle over to enable FaceTime on your device.

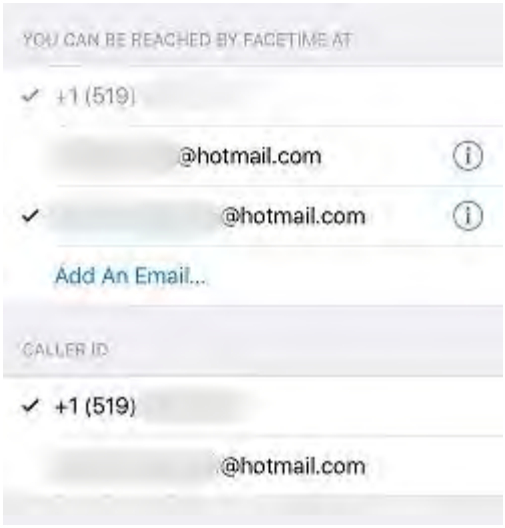
Slide the **toggle** to the right to turn it on. When the slider turns green, it has been enabled.

4. Tap Use Your Apple ID for FaceTime, and sign in to your Apple account.

Log in to your Apple ID account using your e-mail address and password.

5. Select which e-mail address(es) associated with your Apple ID you want to use for FaceTime.

Select which address you want people to be able to call you at, and which one you'd like to show up as your caller ID when you call someone. When a check mark appears beside an address or phone number, you've selected it. Tap on an already-checked address to deselect it.



To use FaceTime to make calls:

1. Make sure you have FaceTime properly set up on your device.

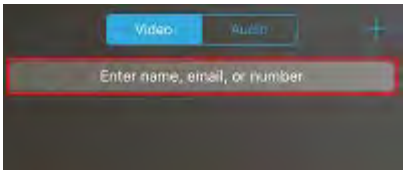
Apple devices should come with this app installed, but you may need to make sure it is enabled first before using it.

2. Open the FaceTime app.

Tap the **FaceTime** icon on your home screen to launch the app.

3. Type in the name, e-mail address, or phone number of one of your contacts.

If you already have them saved in your phone, you can simply type their name and tap the suggestion when it appears. For anyone else, type their full e-mail address or phone number.

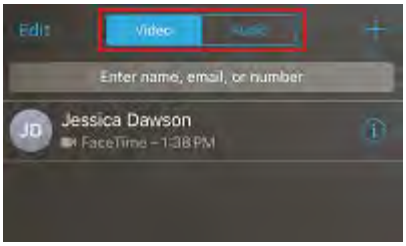


4. Tap the Video Camera to make a video call, or the phone to make a voice call.

By tapping the **video camera** button, the person you're calling will be able to see you, and whatever you point your device's camera at. By tapping the **phone** button, they will only be able to hear you – not see you – just like a regular phone call.

5. At the top of your screen, select Video or Audio to see your call history.

Tap either **Audio** or **Video** to see a list of calls you've made of each type. You can tap someone's name in your call history to call them again.



You can also make a FaceTime call through your device's address book.

Skype:

How do I get Skype?

1. Go to the Download Skype page to get our latest version of Skype.
2. Select your device and start the download.
3. You can launch Skype after it is installed.

To get the latest version of Skype for Windows 10 (version 14), please go to the Microsoft store.

How do I sign in to Skype?

You can sign in to Skype with a Skype name, e-mail or phone.

If you already have a Skype or Microsoft account:

1. Open Skype and click or tap **Skype name, e-mail or phone**.
2. Enter your Skype name, e-mail or phone and select **Sign in**.
3. Enter your password and select the arrow to continue. You're now signed in to Skype.

Note: Once you've signed in, Skype will remember your sign in information when you close Skype or sign out and choose to remember your account settings.

If you don't have a Skype or Microsoft account:

1. Start Skype and click or tap **Create new account**.
2. Microsoft will take you through the process to create your new account for Skype.

Google Duo:

How to set up Google Duo?

- Download Google Duo from Google Play. iOS users can download it from App Store.
- Open Duo.
- Click on 'I Agree' to agree with Google's Terms and Conditions.