



In order to mitigate the impacts of COVID-19, **everyone has a role to play**. It takes more than governments and action from the health sector to protect the health and safety of Canadians. Each of us can help our country be prepared in the event of an emergency by understanding how coronavirus spreads and how to prevent illness. Here are some FAQs that we have put together to help answer questions at this time.

Alberta declared a state of emergency under the Public Health Act – March 18, 2020

QUESTIONS	ANSWERS
How many cases in Alberta?	As of November 2nd there have been 27664 confirmed cases reported in Alberta. 323 deaths, 22169 recovered(AHS Ref.) Leaving 5172 ACTIVE cases.
Alberta Relaunch Strategy	Please go to https://www.alberta.ca/alberta-relaunch-strategy.aspx for the latest updates about Alberta's relaunch
Are local measures in place?	Please go to https://www.alberta.ca/maps/covid-19-status-map.htm for the latest regional updates with regards to health measures
STAGE 2 – Beginning May 14th	<p>Stage 2 allows additional businesses and services to reopen and resume operations starting June 12 with physical distancing requirements and other public health guidelines in place.</p> <p>Business operators, sport and recreation services can determine if they are ready to open and ensure all guidance for workplaces is met.</p> <p>What can open with restrictions</p> <ul style="list-style-type: none"> • 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:
 - households can increase their 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 can be part of a sports/performing cohort and a household cohort at the same time

Still not approved in stage 2

- social gatherings that exceed above listed maximums
- regular in-school classes for kindergarten to Grade 12 – classes will resume September 2020
- vocal concerts (as singing carries a higher risk of transmission)
- major festivals and concerts, large conferences, trade shows and events (as these are non-seated social events and/or vocal concerts)
- nightclubs
- amusement parks
- indoor children's play places
- hookah lounges (permitted for food and drink only)
- major sporting events and tournaments
- non-essential travel outside the province is not recommended – this won't be lifted until stage 3 of the relaunch strategy

The success of Stage 2 will determine when Alberta progresses to Stage 3. Factors are active cases, health-care system

	<i>capacity, hospitalization and intensive care unit (ICU) cases, and infection rates.</i>
STAGE 1 – Successfully completed	<p>Stage 1 allows some businesses to resume operations starting May 14 with enhanced infection prevention and controls in place.</p> <p>Business operators can determine if they are ready to open and ensure all guidance for workplaces is met.</p> <ul style="list-style-type: none"> • Mask use is strongly recommended in crowded public spaces, like mass transit, that do not allow for physical distancing of 2 metres apart. <p>Lifted restrictions</p> <ul style="list-style-type: none"> • Retail businesses like clothing, furniture and book stores. • All farmers' market vendors. • Hairstyling and barber shops. • Cafés, restaurants, pubs and bars can reopen for table service at 50% capacity. • Some scheduled, non-urgent surgeries to resume gradually. • Museums and art galleries. • Daycares and out-of-school care, with occupancy limits. • Day camps, including summer school, with occupancy limits. • Post-secondary institutions will continue course delivery, with flexibility for in-person delivery once the existing public health order prohibiting in-person classes is lifted. • Places of worship and funeral services, if they follow sector-specific guidance. • Dog parks and playgrounds, unless restricted by municipal authorities. <p>Continuing restrictions</p> <ul style="list-style-type: none"> • Gatherings of more than 15 people indoors or more than 50 people outdoors is not permitted, unless otherwise identified in public health orders or guidance, such as workplaces, places of worship or in restaurants. • Gatherings under these limits must follow physical distancing and other guidance. • Public attendance at businesses, facilities and events that have close physical contact is not permitted, including: arts and culture festivals, major sporting events and concerts. • Movie theatres, pools, recreation centres, arenas, spas, nightclubs and gyms will remain closed.

		<ul style="list-style-type: none"> Visiting patients in health care facilities will remain limited. In-school classes for kindergarten to Grade 12 students will remain prohibited. <p>Recommendations</p> <ul style="list-style-type: none"> Travel outside the province is not recommended. Calgary and Brooks residents are encouraged to wait for local services to reopen rather than travelling for services. Remote working is advised where possible. Download the ABTraceTogether mobile contact tracing app and use it when in public. <p><i>Progression to Stage 2 continued on June 12th 2020.</i></p>		
Status of Cases – GEOGRAPHIC		Table below now notes the cases in each area and their status		
		October 23rd 2020 Statistics:		
Area	Total Cases	Active	Recovered	Deaths
Athabasca County	16	3	13	0
Big Lakes County	53	1	47	5
County of Barrhead	17	5	12	0
County & City of Grande Prairie	360	112	246	2
County of Northern Lights	59	1	58	0
Lac Ste. Anne County	50	32	18	0
Mackenzie County	415	7	395	13
Municipality of Jasper	32	9	22	1
M.D of Greenview	24	6	17	1
M.D. of Lesser Slave River	23	4	18	1
M.D. of Opportunity #17	34	10	24	0
MD of Peace #135	38	10	28	0
M.D. of Smoky River	76	1	65	10
M.D. of Spirit River	27	4	23	0
Northern Sunrise County	9	0	9	0
R.M of Wood Buffalo & Fort McMurray	424	51	372	1
Westlock County	33	42	9	0
Woodlands County	0	0	0	0
Yellowhead County	12	8	4	0
What is social distancing?.		Social distancing involves taking steps to limit the number of people you come into contact with. It can help you reduce the risk of being sick. You do not need to remain indoors, but YOU do need to avoid being in close contact with others. Keep at least 6 feet (length of a bicycle) from others		
What source of information should be followed? Here you will find		Alberta Health Services (AHS) https://www.albertahealthservices.ca/ or Center for Disease Control (CDC) https://www.cdc.gov/ https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html		

Who is most at risk?	Older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness. Pregnant women should engage in usual preventive actions to avoid infection like washing hands often and avoiding people who are sick.
Is there a vaccine?	At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.
How is COVID-19 spread from person-to-person?	COVID-19 is believed to be spread mainly by coughing, sneezing or direct contact with a sick person or with surfaces they have recently touched
How long does the COVID-19 live on surfaces?	Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days.
I received the Flu vaccine, am I protected?	While coronaviruses are a respiratory illness, these infections are not the same as those that cause the flu. If you have received a flu vaccine, it will not protect against coronaviruses.
What can I do to prevent the COVID-19 Virus?	Everyone must be diligent at all times in following safety precautions including washing hands, following the use of universal precautions and limited social contact.
What can I do if I have COVID-19?	<p>If you have COVID-19, reduce contact with others</p> <p>If you are sick, the following steps will help to reduce contact with others:</p> <ol style="list-style-type: none"> 1. Stay at home and self-isolate (unless directed to seek medical care) 2. If you must leave your home, wear a mask or cover your mouth and nose with tissues, and maintain a 2-metre distance from others 3. Avoid having visitors to your home 4. Cover your mouth and nose with your arm when coughing and sneezing 5. Have supplies delivered to your home instead of running errands (Supplies should be dropped off outside to ensure a 2-metre distance)
People with fever and/or a cough or shortness of breath are at highest risk of having COVID-19 if they meet any of the following criteria:	<p>See COVID-19 Screening Criteria on Staff Portal</p> <p>Issued by the AHS Emergency Coordination Centre (ECC) (Self Assessment)</p>
MEDICAL QUESTIONS	
What do we do if 811 is not available?	Be patient, continue to try and call. Seek medical attention if symptoms worsen.
What is considered a fever?	Fever: Although a fever technically is any body temperature above the normal of 98.6 F (37 C), in practice a person is usually not considered to have a significant fever until the temperature is above 100.4 F (38 C). ... The temperature is measured with a thermometer. (Follow directions)
What do I do if I have a fever?	<p>See COVID-19 Screening Criteria on Staff Portal</p> <p>Issued by the AHS Emergency Coordination Centre (ECC) (Self Assessment)</p>
What do I do if I have a cough?	See COVID-19 Screening Criteria on Staff Portal

	Issued by the AHS Emergency Coordination Centre (ECC) (Self Assessment)
What if I have symptoms like a cough, but are due to seasonal allergies, medication side effects and or chronic health conditions?	Everyone still needs to practice safety protocols to ensure they are coughing into their sleeve or Kleenex, washing hands etc.
What do I do if I am short of breath?	See COVID-19 Screening Criteria on Staff Portal Issued by the AHS Emergency Coordination Centre (ECC) (Self Assessment)
How does one care for someone with COVID-19	Both the patient and care-giver should wear a medical mask, gloves, safety glasses when they are together in the same room. The patient should sleep in a separate bedroom to others and use a different bathroom. Assign one person to care for the patient, ideally someone who is in good health and has no underlying conditions. The care-giver should wash their hands after any contact with the patient or their immediate environment. People infected with COVID-19 can still infect others after they stop feeling sick so these measures should continue for at least two weeks after symptoms disappear. Visitors should not be allowed until the end of this period.
RESPONSIBILITIES	
How can I reduce the risk of infection?	Washing your hands will help reduce your risk of infection. But it's also an act of solidarity because it reduces the risk you will infect others in your community and around the world. Do it for yourself, do it for others.
TRAVEL QUESTIONS	
Who is requiring people travelling out of country to self isolate for two weeks?	Alberta Health Services is now requiring anyone that is returning from out of country to self isolate for at least two weeks and we are recommending the same for this period that you will be off work following your trip. Staff will not be able to return to work for at least 14 days following any out of country travel and provided they have not developed any symptoms.
What if I have family out of Country and they come home, should I isolate?	You should try to arrange to minimize or eliminate contact with that person for 14 days following their return e.g. no direct social contact, stay 2 meters away, use separate washrooms, regular hand washing, sanitize surfaces in your home etc. AHS website can also provide additional information for situations such as this.
Can I travel within Canada?	Yes, at this time travel within Canada is acceptable, practice the precautions. Alberta Health Services is not yet recommending restrictions on travel within country however the situation is changing rapidly so please continue to check their website.
Should I change or cancel my travel plans outside of Canada? (AHS)	Travel outside Canada is not recommended at this time. (AHS)
What should I do if I have recently returned from travelling outside of Canada? (AHS)	Effective March 12, all Albertans currently outside of the country, or who have recently returned, are recommended to self

	-isolate on their return for 14 days, independent of the country they were visiting.
RECREATION AND EVENTS	
Is the Barrhead Library open?	Closed to the public until further notice to help limit the spread of COVID-19. Check out barrheadpubliclibrary.ca for more information.
Is the New To You open?	Due to implementing <i>COVID-19</i> preventive measures NEW TO YOU store will be closed until further notice. Our first priority beyond supporting BLUE HERON is the health and well-being of all our volunteers and staff. We would appreciate an absolute ' no donations ' of any kind during this closure.
Is the office open?	Office is closed as of Friday March 20, 2020 Please call 780.307.2842 for General Inquiries
MEDICAL EI	
Has the government waived the waiting period for Employment Insurance?	At this time, it is our understanding that for people quarantined due to COVID-19, the government is eliminating the waiting period entirely, so you can get EI benefits for an entire 14-day quarantine. We also understand that there is a difference between self isolating and quarantine. Please contact the EI office or website for current and accurate information.
Link to EI information specific to COVID-19	https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html
I am in quarantine and seeking to waive the one-week EI sickness benefits waiting period so I can be paid for the first week of my claim, who can I call?	<ul style="list-style-type: none"> • Telephone: 1-833-381-2725 (toll-free) • Teletypewriter (TTY): 1-800-529-3742 https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html
I am self-isolating due to symptoms, I don't have any sick time, can I use vacation?	You have the option to use vacation pay you have accrued (Check with HR) OR you can access the EI program
PREVENTION	
I am worried about catching COVID-19. Should I wear a mask if I have to leave my house or when in public?	<p>☐ Wearing a non-medical mask, such as a homemade cloth mask, has not been proven to protect the person wearing it.</p> <p>☐ However, wearing a non-medical mask may be helpful in protecting others around you.</p> <p>☐ This is because face coverings are another way to cover your mouth and nose to prevent respiratory droplets from contaminating other people or surfaces.</p> <p>☐ Additionally, wearing a mask may stop you from touching your nose and mouth.</p>
If you choose to wear a non-medical mask or face covering:	<p>☐ Ensure your mask is well-fitted and does not gape at the sides.</p> <p>☐ Be aware that masks can become contaminated on the outside. Avoid moving or adjusting the mask. Assume the mask has been contaminated and take proper precautions.</p> <p>☐ Critically, if you wear a mask, you must wash your hands before putting it on, as well as before and after taking it off.</p>

	<p>☐ Cloth masks should be worn only a short time, as there is some evidence that they can trap virus particles after they become damp, which may put the wearer at greater risk.</p> <p>☐ For those choosing to wear non-medical masks, it may be prudent to carry a bag with several clean masks in it, as well as a plastic bag that can be used to safely store used masks until they can be washed at home.</p> <p>☐ It is critical that used masks be carefully handled to avoid spreading infection to others.</p>
What can I be doing in my home(s) to prevent the COVID-19 virus?	<p>You can do the following:</p> <ul style="list-style-type: none"> • Washing hands (soap and water for 20 sec). when entering and before leaving the home. • Hard surfaces are wiped down twice per day, with a sanitizing wipe or bleach solution (1.5 tbsp bleach in 1 litre of water) • Door handles, remote controls, phones (cell and home), light switches, computer, mouse, taps, toilet flush handle, soap dispensers, counter tops, railings, chairs (backs, arms), fridge handle, cupboard door handles, stove handle knobs/buttons, sinks, microwave fronts, assistive equipment, keys, steering wheel, car buttons and knobs of shared vehicles, any other surfaces you think of that we have missed or specific to your home • First Aid, 72-hour Kit on hand • Hand washing as per guidelines
Would an N95 mask be best to use?	<p>N95 masks (respirator masks) require special fitting and testing in order to be effective. We (AHS) 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 beyond that provided by a procedure mask.</p>
How to put on, use, take off and dispose of a mask?	<p>Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.</p> <p>Before touching the mask, clean hands with an alcohol-based hand rub or soap and water</p> <p>Take the mask and inspect it for tears or holes.</p> <p>Orient which side is the top side (where the metal strip is).</p> <p>Ensure the proper side of the mask faces outwards (the coloured side).</p> <p>Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.</p>

	<p>Pull down the mask's bottom so it covers your mouth and your chin.</p> <p>After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.</p> <p>Discard the mask in a closed bin immediately after use.</p> <p>Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.</p>
What does Self-isolation mean?	Isolation separates sick people with a contagious disease(COVID-19) from people who are not sick.
What does Quarantine mean?	Quarantine separates and restricts the movement of people who were exposed to a contagious disease(COVID-19) to see if they become sick.
PERSONAL CARE AND SUPPORT	
The Mental Health Help Line is available 24/7 to provide advice and referrals to community supports near you.	Call: 1-877-303-2642
Alberta Health Services are offering a new text service to help with mental health at this stressful time	<p>Text4Hope</p> <p>Free service supporting mental health and wellness in a time of stress and isolation.</p> <p>Text COVID19HOPE to 393939 to subscribe.</p>
What are some thing I can do to support myself?	<p>Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.</p> <p>Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.</p> <p>Make time to unwind. Try to do some other activities you enjoy.</p> <p>Connect with others. Talk with people you trust about your concerns and how you are feeling</p>
MISC	
Can I eat food from a restaurant or drive thru	Yes, the virus is not a food born illness. To be as safe as possible. Wash your hands before eating.

<p>How do I prevent the spread of germs when caring for someone who is sick?</p>	<p>Have the person stay in one room, away from other people, including yourself, as much as possible.</p> <ul style="list-style-type: none"> ○ If possible, have them use a separate bathroom. ○ Avoid sharing personal household items, like dishes, towels, and bedding ○ If facemasks are available, have them wear a facemask when they are around people, including you. ○ If the sick person can't wear a facemask, you should wear one while in the same room with them, if facemasks are available. ○ If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a facemask. <ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. • Avoid touching your eyes, nose, and mouth. • Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs <ul style="list-style-type: none"> ○ Use household cleaning sprays or wipes according to the label instructions. • Wash laundry thoroughly. <ul style="list-style-type: none"> ○ If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves. <p>Avoid having any unnecessary visitors.</p>
<p>What treatment can I provide someone with symptoms?</p>	<ul style="list-style-type: none"> • Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home. • Over-the-counter medicines may help with symptoms. • For <i>most people</i>, symptoms last a few days and get better after a week. •

<p>When to end home isolation (staying home)?</p>	<ul style="list-style-type: none"> • People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions: <ul style="list-style-type: none"> ○ <i>If they will not have a test</i> to determine if they are still contagious, they can leave home after these three things have happened: <ul style="list-style-type: none"> ▪ They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND ▪ other symptoms have improved (for example, when their cough or shortness of breath have improved) AND ▪ at least 7 days have passed since their symptoms first appeared ○ <i>If they will be tested</i> to determine if they are still contagious, they can leave home after these three things have happened: <ul style="list-style-type: none"> ▪ They no longer have a fever (without the use medicine that reduces fevers) AND ▪ other symptoms have improved (for example, when their cough or shortness of breath have improved) AND ▪ They received two negative tests in a row, 24 hours apart. Their doctor will follow CDC guidelines.