



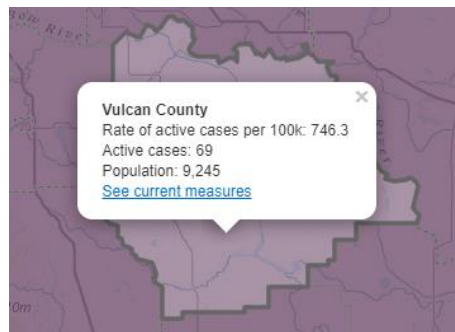
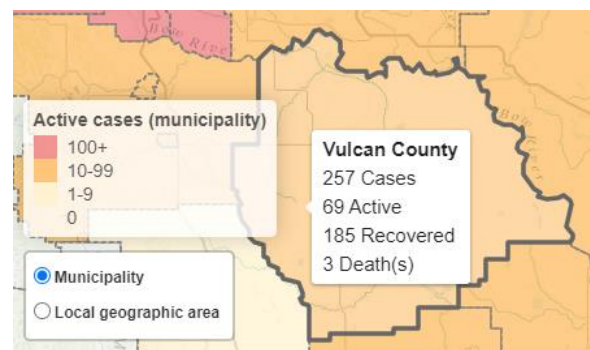
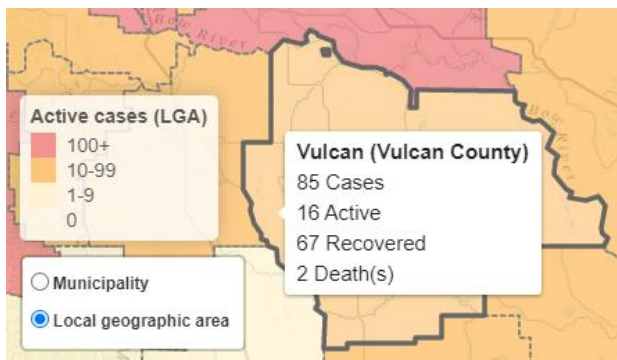
## Vulcan County Regional Emergency Management Partnership (VCREMP)

DECEMBER 2, 2020

RE: COVID-19 Update 90 (**RED text** indicates web link & New Information in **BLUE**)

### IMPORTANT UPDATE FOR IMMEDIATE RELEASE

Vulcan County remains in the “ENHANCED” category as active cases increase within Vulcan County remain high. COVID Numbers within Vulcan County are as follows:



Cases have slowly started to decline within the Vulcan County region, please keep up the hard work in following proper personal hygiene and cleaning practices. Please follow these [guidelines](#) and watch your municipal websites for further updates.

**Active cases within the Province** now stand at 17,144 (1,685 new cases on December 1<sup>st</sup>). Recoveries within the Province now stand at 43,464. There have been 2,289,456 tests completed on 1,487,573 people.

Everyone, even persons not exhibiting symptoms or requiring mandatory self-isolation, is strongly encouraged to limit outings to a minimum, **observe social distancing** and avoid touching your face without first washing your hands.

With the confirmation of confirmed cases within our region, please remain vigilant in the practices that have been established. Please ensure you are taking the proper precautions.

A complete review of all **current restrictions** for ENHANCED areas has been provided.



## Measures: Vulcan County and Urban Municipalities Within

Measures	All Alberta	Enhanced (purple) Areas <sup>1</sup>	Calgary Area <sup>2</sup>	Edmonton Area <sup>2</sup>
No indoor social gatherings in any setting	✓	✓	✓	✓
Outdoor gatherings max of 10	✓	✓	✓	✓
Wedding and funeral services max of 10, no receptions permitted	✓	✓	✓	✓
No festivals or events	✓	✓	✓	✓
Grades 7-12 at-home learning Nov 30-Jan 11	✓	✓	✓	✓
ECS-Grade 6 at-home learning after break until Jan 11	✓	✓	✓	✓
Working from home should be considered, where possible	✓	✓	✓	✓
Places of worship at 1/3 normal attendance with mandatory masking	✗	✓	✓	✓
Restricted access to some businesses starting Nov. 27	✗	✓	✓	✓
Mandatory masks for indoor workplaces	✗	✗	✓	✓

### 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 mutual 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 and co-parenting arrangements
- **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)

### Group Physical Activities Include Team Sports, Fitness Classes and Training Sessions.

- **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
- **One-to-one indoor training**, such as training with a fitness trainer or coach, **is permitted**.
- **Outdoor group physical activity is limited to 10 people** or fewer.



## Provincial Measures and Indicators of COVID-19 Regional Risks

There are two indicators the Province is using as measures on how regions are doing, with three classifications:

### Open

- low level of risk, no additional restrictions in place
- less than 50 active cases per 100,000

### Watch or Enhanced

- **the province is monitoring the risk and discussing with local government(s) and other community leaders the possible need for additional health measures**
- **at least 10 active cases and more than 50 active cases per 100,000**

### Enhanced

- risk levels require enhanced public health measures to control the spread
- informed by local context

## Why These Measures Are Needed

The Province is implementing these actions now to help slow the virus's spread and make sure the health system can continue supporting patients with COVID-19, influenza and many other needs.

There is a time lag between transmission and new case identification. This means the cases we see today were infected up to 2 weeks ago.

## What Else You Can Do

Continue following existing public health measures to keep ourselves and others safe:

- Keep 2 metres apart when you can, wear a mask when you can't
- Practice good hygiene: wash your hands often and cover coughs and sneezes
- Monitor your symptoms every day
- If sick, stay home, get tested, and follow mandatory isolation requirements while waiting for results:
  - if positive, isolate from others for 10 days or until symptoms are gone, whichever is longer
  - if negative, stay home until you are better
- Avoid non-essential travel
- Get the flu shot to keep influenza cases low so health workers can focus on the COVID-19 pandemic

## Community Resources

The VCREMP has put together [a series of videos on COVID-19](#) related themes:

- [Tips for Wearing Masks](#)
- [Tips for Washing Hands and Surfaces](#)
- [Tips on Public Distancing, Touching Your Face and Wearing Gloves](#)
- [When to See the Doctor](#)
- [Protect Our Communities](#)
- [Here for You](#)

The VCREMP has created [recommended mask use](#) posters available for businesses to download.

- [Face Coverings Recommended](#)
- [How To for Mask Use](#)



### Program Availability If You Have Been Effected by COVID-19

There are a number of programs available through the Federal Government as a response to COVID-19. These programs are available for businesses, individuals, or families. For a complete list of programs please visit: <https://www.canada.ca/en/departement-finance/economic-response-plan.html>

Local assistance can also be provided through the Vulcan & Region Family Community Support Services. Program information can be found on their website at <http://www.vulcanandregionfcss.com> or by phoning their office at (403)485-2192 during regular business hours.

### **811 Health Link**

Once again, people experiencing symptoms are to take the **online** self-assessment. As a further reminder, **811-health link is for those who are feeling ill and seeking advice.**

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Mental Health Help Line at 1-877-303-2643
- Addiction Help Line at 1-866-332-2322

Above information sourced from: <https://www.alberta.ca/coronavirus-info-for-albertans>

Sincerely,

Kim Fath  
Regional Deputy Director of Emergency Management  
Vulcan County Regional Emergency Management Partnership