

Vulcan County Regional Emergency Management Partnership (VCREMP)

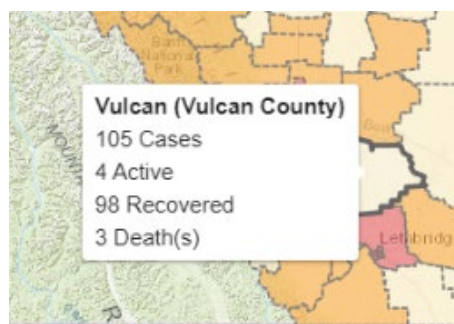
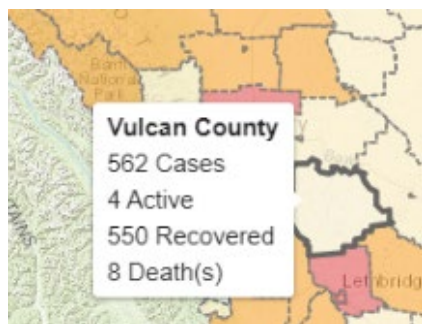
March 31, 2021

RE: COVID-19 Update 106 (**RED text** indicates web link & New Information in **BLUE**)

IMPORTANT UPDATE FOR IMMEDIATE RELEASE

The entire Province of Alberta is under enhanced status.

COVID Numbers within Vulcan County are as follows:



Numbers accurate as of end of day March 31.

There are currently four (4) Active Cases within the region all which are within the borders of Vulcan County.

Cases have increased by 4 cases in the past week in Vulcan County. Please keep 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 8,350 as of end of day March 31, 2021.

Recoveries within the Province now stand at 137,992

Vaccine Progress to Date

As of March 30:

- 634,997 doses administered
- 14,360.3 doses per 100,000 population
- 101,298 Albertans fully immunized (2 doses)
- 202 adverse events following immunization reported ([learn about vaccine safety](#))

The Province has also released an online portal for vaccination sign-up. Currently the Province is taking bookings for Albertans age 75 and older. Other Albertans can still sign up to get notified when they are eligible to receive a vaccination. To participate in these programs please go to:

<https://www.alberta.ca/covid19-vaccine.aspx>

Transportation to Vaccination Appointments

Vulcan and Region FCSS Courtesy Drivers are providing free transportation for low-income seniors in need of a ride for their vaccinations, to the Vulcan Health Center, from one of the villages, roundtrip. To arrange a booking for these services, please phone Vulcan Region FCSS at (403) 485-2192 Extension 101 to discuss pick up options and book a driver.



Approved Vaccines

Vaccines approved by Health Canada:

- Pfizer BioNTech, approved Dec. 9, 2020
- Moderna, approved Dec. 23, 2020
- Astra-Zeneca, approved Feb. 26, 2021
- Johnson and Johnson March 5, 2021

Further information on vaccinations from AHS Community Engagement on Vaccines can be found [here](#).

Restrictions

As of December 8, 2020, the restrictions below were announced. These mandatory restrictions apply province wide and will be in place until further notice. We are currently in Step 2 of seeing restrictions ease, which began on March 1, 2021.

With hospitalizations on the rise, Alberta will not move to Step 3 of its reopening plan, the province's health minister announced on Monday.

Cabinet's COVID-19 committee met Monday and decided not to shift to the next step in a four-part plan to reopen the province, Tyler Shandro said at a news conference.

"When we announced the plan in January, we were clear," Shandro said. "Moving to Step 3 can be considered only when hospitalizations for COVID patients are under 300 and declining. Hospitalizations must be on a clear downward trajectory if we are to enter any new step, just like they were when we entered Step 1 and Step 2 earlier this year.

"Today, while hospitalizations are indeed below 300, they've risen in recent days. The decline that we saw in January and early February has stopped. Alberta now sits at 280 COVID hospitalizations, which is a rise of 16 from a week ago."

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 are prohibited. This will be enforced with \$1,000 fines.

Workplaces

- 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.

Business and service restrictions

- Effective Dec. 13, some businesses will be required to close, reduce capacity or limit their in-person access.

Step 2 restriction changes, effective March 1, include:

- indoor fitness expanded to include low-intensity activities
- libraries can reopen, with restrictions

Effective March 8, Step 2 restriction changes have expanded to include:

- retail capacity increased
- banquet halls, community halls and conference centres reopened, with restrictions
- college and university athletics
- adult performance activities



What Else You Can Do

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

- Keep 2 meters 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,

Nels Petersen

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