



Wabasca COVID-19 Update



June 26, 2020

We would like to express a thank you to the community including leadership, staff and community members for doing a remarkable job by following the public health orders that has kept COVID-19 cases away from the community. It has been difficult time over the past several months but we still need to remain cautious as the pandemic is not gone and there remains cases in Alberta. We hope that all community members still follow the suggested public health measures.

To protect yourself and others, it is still recommended to follow the following;

- Wear a mask in public when distancing is not possible
- Wash hands often with soap and water for at least 20 second or use hand sanitizer
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching your face with unwashed hands
- Avoid travel outside Canada
- Watch for Covid-19 symptoms (listed below)

Bigstone Cree Nation and MD offices are operating but have to follow strict guidelines so please be patient with us while we continue to offer programs and services.

Summer is upon us and with that there are many outdoor and social gatherings that people are having. We are not here to monitor any of those activities but in order to keep our Elders, families and community safe, it is recommended that we still follow recommended public health measures to reduce the risk of Covid-19.

Recommended Public Health Measures for Gatherings/events:

- Physical distancing. Reduce the number of participants or change the location of the event to allow for physical distancing
- People who have symptoms should not attend gatherings
- Encourage people attending gatherings to wear masks to protect others, especially Elders
- Have hand washing stations and ask that people in attendance wash hands and/or have hand sanitizer available
- High traffic areas, for example tables, clean and wipe down often
- Promote personal protective practices (coughing/sneezing in arm or away from other people, hand cleanliness)
- Cancel/postpone or explore virtual technology, especially for people at greater risk, such as Elders and those with chronic health conditions
- Discourage the sharing of food or beverages including potluck and buffet style meals
- Discourage sharing items/objects that cannot be cleaned or disinfected
- Keep a list of people attending your gathering just in case there is exposure and could help in contact tracing (help health officials track where the case/cases started and to let people know that they might have been exposed to a possible case).

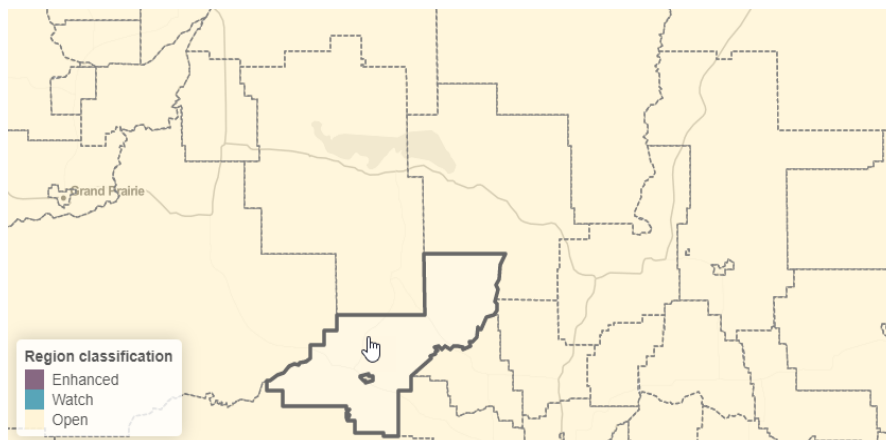
You are legally required to self-isolate for:

- 14 days if you returned from international travel or are a close contact of a person with COVID-19
- 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition

If you are self-isolating:

- Stay home — do not go to work, social events or any other public areas or community settings
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems ☒ Do not use public transportation or ride sharing
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.
- If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells. If your balcony is private and at least 2 metres away from other balconies, you may use your balcony to get fresh air.

Rates in Alberta:



The rates in Alberta are presented on the Alberta Health Services Website at www.alberta.ca/covid-19-alberta-data.aspx

There is an interactive map and you can see by Municipality locations as to the number of cases each day. The MD of Opportunity; MD of Lesser Slave River and Athabasca County are the regions we monitor continually but we watch where there are increased cases in Alberta. Edmonton region has now surpassed Calgary in the number of cases and especially the North side of Edmonton.

Here are how active cases across the province break down by zone published on June 26, 2020

- Edmonton zone: 241
- Calgary zone: 208
- North zone: 31
- South zone: 23
- Central zone: 3
- Unknown: 3

Testing

We still are recommending that if you do not feel ill to get tested. By doing this, we can monitor if any cases are in the community and of course to get tested if you are feeling ill or symptomatic. There are 3 sites available for this;

1. **Wabasca hospital:** if you are needing to go to emergency for any reason, you can request a test regardless if you have any symptoms or not
2. **Bigstone Health Centre:** Call 780-891-2000 and speak to a Public Health staff member and they can schedule you in for a test.
3. **Golden Opportunity Medical Clinic:** if you have an appointment or would like to go in for a test, call 780- 891-2847 and speak to the receptionist.
4. The Covid-19 call line remains and you can always call 780-891-3567 to speak to someone if you have any questions or concerns about testing.

If you have the following symptoms you **must** self-isolate until symptoms resolve or symptoms have resolved and it is 10 days from your first symptom – whichever is **longer**

- fever
- new onset of cough or worsening of chronic cough
- new or worsening shortness of breath
- new or worsening difficulty breathing
- sore throat
- runny nose

If you have any of the following symptoms you **do not** need to self-isolate, though it is still recommended that you practice physical distancing and avoid others.

- chills
- painful swallowing
- stuffy nose
- headache
- muscle or joint ache
- feeling unwell, fatigue or severe exhaustion
- nausea, vomiting, diarrhea or unexplained loss of appetite
- loss of sense of smell or taste
- conjunctivitis (pink eye)

If you have **any of the above** symptoms, please call the COVID helpline to arrange testing at 780-891-3567 from 8 am to 10 pm, 7 days per week.

If you are suffering from worsening chest pain, shortness of breath or light headedness please go to the Emergency Room.

If anyone in the community gets a positive test result, we want you to know that we are here to provide support to you and your family.

NOTE: Curfews have been lifted by the Bigstone Cree Nation and MD of Opportunity No. 17