



COVID-19 Update



July 24, 2020

PLEASE BE ADVISED THERE IS ONE POSITIVE CASE IN THE MD OF LESSER SLAVE LAKE

The public health measures are still required to be followed to prevent the spread:

- wear a mask
- wash hands often
- practice social distancing
- monitor for symptoms, cough, fever, shortness of breath, runny nose or sore throat

Please remember that self-isolation can help prevent the spread of COVID-19. These conditions are still under a public health order; you are legally required to isolate for:

- **14 days** if you returned to or entered Alberta from outside Canada or are a close contact of a person with COVID-19, plus an additional 10 days from the onset of symptoms, should they occur
- **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

Gathering Restrictions are still advised. Travel out of province is not recommended and international travellers must follow mandatory 14-day isolation.

If you are feeling symptomatic, please call the **COVID-19 Helpline** at 780-891-3567 or call the Calling Lake or Wabasca Health Centres. Testing can be completed at Bigstone Health Centres, Golden Opportunity Clinic and the Wabasca Hospital.

Please **DO NOT** wait until your symptoms are severe to call. You are at a less risk to develop advanced illness by getting tested as well as making sure your family and community members are safe.

NOTE: ALBERTA NETCARE SITE (ELECTRONIC HEALTH RECORDS THAT BIGSTONE ACCESSES FOR TEST RESULTS) IS HAVING TECHNICAL DIFFICULTIES AND WE HAVE NO ESTIMATED TIME OR DATE WHEN THE RECOVERY WILL OCCUR. WE APOLOGIZE FOR THIS INCONVENIENCE AS WE KNOW PEOPLE CAN FEEL ANXIETY WAITING FOR TEST RESULTS.

Thank you! Stay Safe!