



COVID-19

CORONAVIRUS

BULLETIN #4 March 26, 2020



Current Regulations in Alberta

Because we are experiencing a rapidly changing situation, regulations may also change frequently.



486 Cases

COVID-19 Cases as of March 26, 2020

Province	Number of Cases	Deaths	Recovered
Saskatchewan	95	0	0
Manitoba	36	0	0
Alberta	486	2	27
British Columbia	725	14	186
Canada	4,043	39	225



What the Alberta Laws are saying

Physical Distancing

We would like to remind people to consider how physical distancing and self-isolation will impact baptism and communion services (Tauffest und Abendmahl).

- Physical distancing is also sometimes called “social distancing.” When you are exposed to an illness, there is a time between exposure and when you begin to feel symptoms. This incubation period is typically two to ten days for COVID-19, but it can also last up to 14 days. Therefore, there is a chance you will spread the virus before you feel sick. This is when physical distancing becomes important.
- Physical distancing is deliberately increasing the space between people to avoid spreading illness. By increasing interpersonal space, you decrease the chance of catching a virus and/or spreading it to others. Stay at least **two meters/six feet** (visualize two arm-lengths) away from other people to lessen your chances of catching COVID-19.

Self-Isolation

- Self-isolation means staying home and avoiding other people when you could make them sick, especially if there is a likelihood you are carrying the virus. This is necessary to curb the spread of illness.
- Additionally, self-isolation may mean staying in a separate area of your home if you are more likely to be exposed than those living with you. This includes using your own bathroom and eating meals alone. **DO NOT** attend activities or gatherings during this time including work, school, and *Gebet*.
- Self-isolation is essential to ensure your loved ones do not get sick and also spread the illness to others.

Maximum Gathering Size	<ul style="list-style-type: none"> Public and private gatherings of more than 50 people in one room are prohibited. Whenever people gather in groups, even very small groups, two-meter (6 ft.) distance between people must be maintained.
Events <i>Lehr und Gebet</i> Communal Meals <i>Essenschuel</i> Choir Practices Any Other Gathering	<ul style="list-style-type: none"> Events with more than 50 attendees must be cancelled or reduced to 50 or fewer attendees. This includes meetings, community events, worship gatherings, including family events such as weddings and funerals. At this time non-profit community kitchens, soup kitchens and “religious kitchens” are exempt, but sanitization practices are expected to be in place. Physical distancing must be maintained. Physical distancing requirements call for creativity. For example, communities may need to consider two spaces or two different times for communal meals and church services. Flexibility and exceptions should be made for vulnerable community members. Avoid greetings that involve touching, such as handshakes or embracing. Consider safe methods of sharing communion wine and bread so as not to endanger the elderly and those with underlying medical conditions. Physical distancing will become critical once a community has people who have COVID-19. Communities are encouraged to have plans in place to separate people if they become ill. Leaders must encourage people to follow public health advice and promote physical distancing in all aspects of community life.
Schools & Klanaschuel	<p>School: Effective immediately, student attendance in schools is prohibited. For the safety of our children, this includes <i>deutsche Schule</i>, and children should be instructed in physical distancing.</p> <p>Klanaschuel: All daycare facilities are limited to a maximum of 6 children. The government does not monitor private child care but can issue closures if they are over this limit.</p>
Workplace: Barns and Shops	<ul style="list-style-type: none"> Practice two-metre (6 ft.) physical distancing between people in the workplace. At the first sign of a cough or fever, self-isolate for 14 days. Cough and sneeze into your elbow or tissue and wash your hands often.
Mandatory Isolation after International Travel	<ul style="list-style-type: none"> The Canadian Government has announced an Emergency Order under the Quarantine Act that requires any person entering Canada by air, sea, or land to self-isolate for 14 days whether or not they have symptoms of COVID-19. Truckers are exempt from this, but only if their travels are required to ensure the continued flow of goods and services, and those who provide essential services. These people still need to practice physical distancing, self-monitoring, and contact local public health authorities if they feel sick. If symptoms develop, such as a cough, fever or difficulty breathing, stay home and complete the online COVID-19 self-assessment (www.myhealth.alberta.ca). Do not go to the Emergency Room or doctor's office.

* This information has been compiled based on various federal and provincial government sources and is intended as information only. It does not constitute legal advice.

Any questions or concerns please contact HSC directly at: hbcovid19@gmail.com

