



Summer Village of Argentia Beach

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COVID-19 Protocol

The Summer Village of Argentia Beach Council supports the province of Alberta's guidelines for COVID-19.

To protect yourself and others:

- practice **physical distancing**
- wash hands often with soap and water for at least 20 seconds
- 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: cough, fever, shortness of breath, runny nose or sore throat
- Follow **mandatory self-isolation requirements:**

14 days if you recently returned from travel outside of Canada or are a close contact of someone who has tested positive for COVID-19, plus an additional 10 days from the onset of symptoms, should they occur, whichever is longer

10 days minimum if you develop any COVID-19 symptoms, or until the symptoms resolve, whichever is longer

Argentia Beach Council is requesting that residents follow the following messages regarding mandatory self-isolation:

Message from Alberta's Chief Medical Officer Dr. Hinshaw: "This is also not the time for people to go out to their summer cottages or seasonal villages to self-isolate." People may unknowingly be incubating the virus, taking it with them, and infecting the small community. As well, the infrastructure in small communities is not able to handle a sudden increase in population, especially in the health care service. "The best thing we can do is stay close to home."

• **Message from Canada's Chief Public Health Officer Dr. Theresa Tam:** "Urban dwellers/Cottagers should RESIST THE URGE to head to the cottage and rural properties as these communities have less capacity to manage." "COVID-19 is NOT cottage time; STAY HOME in the city & DO NOT put rural communities at further risk during the COVID-19 crisis."

For more information, please visit:

- Pigeon Lake Regional Emergency Management Agency:

<https://www.pigeonlakeemergencyagency.ca>

- Alberta Provincial Updates:

<https://www.alberta.ca/covid-19-information.aspx>