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# COVID-19 info for Albertans

Actions to protect Albertans and prevent the spread of novel coronavirus.

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## Current situation

The COVID-19 outbreak was declared a global pandemic by World Health Organization (WHO). Alberta declared a public health emergency.

Confirmed cases: 419 in Alberta, 3,385 in Canada.

- [Complete information for Albertans](#)
- [Updates from the Chief Medical Officer](#)

*Last updated: March 26 at 9:30 am*



## Public health orders

To protect the health and safety of Albertans, law enforcement agencies now have full authority to enforce public health orders and issue fines for violations.

- Mandatory 14-day [self-isolation for returning international travellers](#) or close contacts of people with confirmed COVID-19.
- Mandatory 10-day [self-isolation for people with symptoms](#) that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat.
- Violation of [mass gathering restrictions](#) are now legally enforceable and subject to fines.
- Facilities under this order include all nursing homes, designated supportive living and long-term care facilities, seniors lodges and any facility in which residential addiction treatment services are offered under the *Mental Health Services Protection Act*.

[View all public health orders](#)

## Cases in Alberta

| Location    | Confirmed cases | Deaths |
|-------------|-----------------|--------|
| In Canada*  | 3,385           | 35     |
| In Alberta* | 419 (61 new)    | 2      |

\*Updated March 26 at 9:30 am

[View all case and testing data](#) →

Data included in the interactive data application is up-to-date as of midday of the date of posting.

## What's new

- Legal enforcement of public health orders
- [Submit your offers of support or donations](#)

## Prevent and prepare

Alberta implemented measures to help prevent the spread of COVID-19, including new mandatory self-isolation requirements and mass gathering restrictions. Find tips to prepare your household in case you need to self-isolate at home.

## Mandatory self-isolation requirements

Self-isolation can help prevent the spread of COVID-19.

Under Public Health Order, 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, 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

If you are self-isolating:

- stay home - do not attend work, social events or any other public gatherings
- avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems
- don't take public transportation like buses, taxis or ride sharing, where possible
- watch for symptoms

[Learn how to self-isolate and prepare →](#)

*Last updated: March 25 at 3:30 pm*

## Mass gathering restrictions

New public health measures are in place to limit the time Albertans spend in large crowds and crowded spaces:

- All gatherings over 50 people must be cancelled
- Access to all public recreation facilities, private entertainment facilities, bars and nightclubs is prohibited
- Sit-down restaurants and others can remain open at a lower capacity
- Visitation to long-term care and other continuing care facilities is limited to essential visitors only

[View all mass gathering restrictions →](#)

*Last updated: March 25 at 3:30 pm*

## Help prevent the spread

All Albertans have a responsibility to [help prevent the spread](#). Take steps to protect yourself and others:

- practice [social distancing](#)
- practice good hygiene: wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching face
- monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat
- self-isolate for the legally-required 10 days if you have any symptoms that are not related to a pre-existing illness or medical condition
- take the [COVID-19 self-assessment](#) [\[↗\]](#) if you're concerned about your health

Learn more ways to prevent the spread →

*Last updated: March 25 at 3:30 pm*

## Alberta government response

### Alberta government actions

- March 23 – Alberta announced new support for Albertans, employers and physicians, including:
  - An [education property tax](#) freeze, plus a six-month deferral for businesses.
  - [WCB premiums deferral](#) for private sector businesses and support for small and medium businesses
  - New temporary [physician billing codes](#) to help facilitate virtual care.
- March 21 – Alberta [amended the Emergency Management Act](#) to allow provincial and local states of emergencies to exist at the same time, helping communities
- March 20 – Alberta announced new measures to address the economic downturn, including:
  - providing immediate [relief for the energy sector](#)
  - establishing an [Economic Recovery Council](#)
- March 18 – Alberta announced immediate financial assistance for Albertans affected by COVID-19 pandemic, including:
  - [emergency isolation support](#) for working Albertans who must self-isolate
  - 90-day utility payment deferral for residential and business customers
  - 6-month student loan repayment deferral
  - corporate income tax changes and other [supports for employers](#)
- March 17 – Alberta declared a state of emergency under the [Public Health Act](#) [\[↗\]](#) to empower authorities to more effectively respond to public health concerns.
- March 17 – \$60 million in one-time emergency funding was provided to civil society organizations, adult homeless shelters, and women's emergency shelters to:
  - enable social distancing and sanitization of common areas

- provide supports and services to at-risk seniors, people with disabilities and families facing homelessness, poverty and social isolation
- March 15 – \$500 million in additional health funding was commitment to the COVID-19 response to ensure front-line health professionals have the tools they need for testing, surveillance and treatment of patients.

## Public health actions

Alberta's public health officials are carefully monitoring the situation in Canada and around the world, and are ready to respond. They are:

- working closely with federal, provincial and territorial partners to share information and assess potential health risks
- ensuring our health system is responding effectively
- ensuring front-line health professionals have information about the virus so they can:
  - take recommended actions
  - promptly report potential cases to public health officials
- updating self-isolation and self-monitoring recommendations for returning travellers as required
- tracing all close contacts of confirmed cases, testing and isolating those who are symptomatic, and asking even those who feel well to self-isolate for 14 days after their last contact with the case
- granting law enforcement the authority to enforce public health orders and issue fines to anyone violating a public health order

*Last updated: March 25 at 3:30 pm*

## Symptoms and risks

You are [legally required to self-isolate](#) for 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.

COVID-19 can cause serious respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.

### Symptoms

## Symptoms

COVID-19 symptoms are similar to influenza and other respiratory illnesses.

- Common symptoms can be mild: cough, fever, shortness of breath, runny nose or sore throat
- Symptom of serious illness: difficulty breathing or pneumonia

If you have symptoms:

...you have symptoms:

- [self-isolate for at least 10 days](#) – this is a mandatory legal requirement
- [take the COVID-19 self-assessment](#) [↗]
- [call Health Link 811](#) [↗] for further instructions if directed by the self-assessment tool
- do not go to an ER or clinic – if you need immediate medical attention, call 911 and inform them you may have COVID-19

## Risks

Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.

While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as: high blood pressure, heart disease, lung disease, cancer or diabetes.

*Last updated: March 25 at 3:30 pm*

## How it spreads

COVID-19 is transmitted through person-to-person spread by:

- larger droplets, like from a cough or sneeze
- touching contaminated objects or surfaces, then touching your eyes, nose or mouth

COVID-19 is not airborne and cannot spread through the air over long distances or times, like the measles.

Studies suggest that the virus generally only survives for a few hours on a surface, though it may be possible for it to survive several days under ideal conditions.

*Last updated: March 15 at 5 pm*

## Treatment

There is no specific vaccine for COVID-19 at this time. The virus is new and different, so needs its own vaccine – which researchers around the world are now working to develop.

Supportive care is being used to treat patients with COVID-19 and some medications are being tested to see if they can help severely ill patients.

*Last updated: March 16 at 5 pm*

## COVID-19 vs. Influenza

### Coronaviruses

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses.

Novel coronaviruses, like COVID-19, are new strains of the virus that have not been previously identified in humans. This means people have no immunity against it, and it has no specific vaccine or treatment.

## COVID-19 vs. Flu

In some ways, COVID-19 is similar to influenza (also known as the flu), but there are also key differences.

### Similarities

- Both cause respiratory disease.
- Both are spread by small droplets from the nose and mouth.
- Both are not spread through the air over long distances and times, unlike the measles.

### Differences

- COVID-19 does not have a specific vaccine or treatment available.
- COVID-19 does not appear to transmit as efficiently as influenza:
  - only people with symptoms seem to be spreading the disease, but symptoms may be very mild, so transmission is possible even if the person is feeling well
  - controlling its spread is possible when people with symptoms are isolated
- COVID-19 causes severe disease and mortality in more cases than the flu. On average:
  - COVID-19 has resulted in 1 to 2 deaths per 100 cases
  - Flu results in 1 death in every 1,000 flu cases

Because COVID-19 can cause serious illness, it is critical to keep it from spreading by having [people with symptoms follow mandatory self-isolation requirements](#).

*Last updated: March 25 at 3:30 pm*

## Mental health and family violence

### Mental health

The COVID-19 pandemic can have a significant impact on Albertans' mental health.

Resources are available if you need a little extra support, advice on handling stressful situations, or ways to talk to children.

- [Mental health and coping with COVID-19](#) <sup>[↗]</sup> (CDC)
- [Talking with children about COVID-19](#) <sup>[↗]</sup> (CDC)
- [Help in Tough Times](#) <sup>[↗]</sup> (AHS)

## Family violence

If you or someone you know is at risk of family violence, help is available.

- Call our 24-hour Family Violence Info Line at 310-1818 to get anonymous help in over 170 languages.
- [Find information on shelter and financial supports](#)
- [Learn how to recognize and prevent family violence](#)

## Info for Albertans

Effective March 25, all travellers returning from outside Canada are legally required to self-isolate for 14 days and monitor for symptoms.

### Info for travellers and airline passengers

An official global travel advisory is in effect. Albertans should follow all travel recommendations.

- Avoid all non-essential travel outside Canada and all cruise ship travel.
- Canadians abroad should return home immediately.
- Returning travellers must:
  - follow mandatory 14-day self-isolation requirements and monitor for symptoms
  - check recent domestic and international flights for confirmed cases (info updated as cases are confirmed)

[View all travel advice](#)



*Last updated: March 25 at 3:30 pm*

### Info for seniors

Individuals over 60 years of age and those with pre-existing health conditions are most at risk of severe symptoms from COVID-19.

## Continuing care, long-term care and seniors lodges

To prevent the spread of respiratory viruses, including COVID-19, among seniors and vulnerable groups:

- Visitors to any continuing care, long-term care and seniors lodges in Alberta are limited to essential visitors only.
- Each essential visitor must be verified and undergo a health screening prior to entering the facility. This may include a temperature check or a questionnaire.
- Facilities must have security staff or a greeter to conduct this screening and verify the visitor is



designated.

- Exceptions to these essential visitor rules will be made for family members to visit a person who is dying, so long as only one visitor enters the facility at a time.

See [guidance on visitation restrictions for continuing care, long-term care and seniors lodges](#) ↓ (PDF, 554 KB) for more information.

## Support for seniors at home

Seniors can contact 211 if they need help finding resources in their community. 211 is a comprehensive referral system accessible to all Albertans.

Call or text 2-1-1, or visit [ab.211.ca](http://ab.211.ca).

## Resources

- [Record of decision by the chief medical officer](#) [↗] [↗]

*Last updated: March 25 at 3:30 pm*

## Info for daycares

### Licensed child care

- All licensed child care facilities in Alberta are closed at this time. This includes daycare, out-of-school care and preschool programs.

### Child care for core service workers

- Select licensed child care centres will begin reopening to provide child care for core service workers.
  - Access will be prioritized to health care practitioners and critical infrastructure workers.
  - Additional space will then be available to first responders and others.
- Children's Services will contact the centres that will be reopening directly.
  - Centres will initially be chosen based on proximity to health care facilities and will be reopened in phases based on areas of need, starting March 23.
- Parents will be notified by their employer if they qualify to send their children to newly re-opened centres.

### Home-based child care

- Approved family day homes are exempt as they care for fewer than 7 children at a time, but should use enhanced sanitation practices.
- Private home-based child care providers remain open as they can only care for up to six children, not including their own, at any one time.
- Government does not monitor private child care providers but can issue closures if they are over this limit.

- Any home-based child care provider – approved or private – should routinely clean and disinfect surfaces that people regularly touch like toys, door handles, keyboards, toilets and tables.
- Visitors and children should not enter if they are feeling unwell.
- Regardless of where a child is being taken care of (family, friends or day home) handwashing facilities or hand sanitizer must be available to children, and visitors are encouraged to wash their hands frequently.
- While grandparents and other seniors are a great help with child care, older Albertans have an increased risk of complications if they get COVID-19. We encourage limiting exposure to children who have any signs of illness.
- Parents should take precautions and limit the number of playdates to reduce the chances of community transfer.

## Resources

- [Record of decision by the chief medical officer of health](#) 

*Last updated: March 20 at 7pm*

### Info for schools

- All Classes in K to 12 schools are cancelled until further notice
- All Grade 6 and 9 provincial achievement tests and grade 12 diploma exams are cancelled
- School authorities will offer at-home learning opportunities for all Kindergarten to Grade 12 students
- Each student will get final grades and a report card appropriate to their grade level
- High school students on track to receive 100 or more credits will still be eligible to graduate

Student learning during COVID-19 →

## Resources

- [Record of decision by the chief medical officer of health](#) 

*Last updated: March 20 at 7pm*

### Info for post-secondary institutions

Effective immediately, in-person classes at post-secondary institutions are cancelled until further notice. Campuses remain open.


We are working with post-secondary institutions to ensure that these extraordinary circumstances do not prevent students from being eligible for admission to post-secondary studies for the upcoming school year.

## Resources:


- [Record of decision by the chief medical officer of health](#) 

*Last updated: March 15 at 5 pm*

## Info for municipalities



We are providing advice based on current evidence and [public health recommendations](#)  from the Public Health Agency of Canada.

## Helping local organizations plan for an outbreak




- [Business continuity planning](#)  (PDF, 319 KB) is essential in preparing critical operations for potential interruptions.
- [Alberta Emergency Management Agency](#) field officers are available to support municipalities, First Nations and Metis Settlements with their emergency management and business continuity planning.

## Supporting the health system

Communities should:

- refer anyone with health-related concerns to [Health Link 811](#)  and promote it as a reliable source of information
- promote the [Respiratory Viruses and the Workplace guide for workplaces](#) 
- review business continuity plans to ensure disruptions from staff shortages have been considered, especially for critical operations
- stay informed about the current situation in Alberta via this web page

## Resources

- [OHS: Respiratory viruses and the workplace](#) 
- [Business continuity planning](#)  (PDF, 319 KB)
- [Help Prevent the Spread posters](#) 

*Last updated: March 15 at 5 pm*

## Info for homeless shelters and service providers

We are working with community-based organizations, homeless shelters and women's shelters to:




- update pandemic plans with guidelines and information specific to COVID-19
- expand shelter capacity and help current service providers to maintain social distancing practices by finding additional space to house people.

\$60 million has been committed to social services support, including:


- adult homeless shelters
- women's emergency shelters
- charities, non-profits and civil society organizations

Emergency funding for charities, non-profits and civil society organizations will be distributed through local Family and Community Support Services programs.

More information on how to request this funding:

- [Support for Social Services Funding Criteria](#)  (PDF, 253 KB)
- [Funding Request Form](#)  (DOCX, 55 KB)
- [Banker Recommendation Form](#)  (DOCX, 51 KB)

Resource

- [Guidance for Providers of Services to Albertans Experiencing \(or at-risk of\) Homelessness](#)  (PDF, 647 KB)

*Last updated: March 24 at 3:45 pm*

## Consumer complaints and cyber security

We're receiving two types of complaints related to consumer exploitation resulting from COVID-19:

- retail outlet stores raising prices for high-demand products (i.e. toilet paper, hand sanitizer)
- private individuals purchasing mass quantities of supplies and reselling them at an inflated premium

The *Consumer Protection Act* prevents suppliers from grossly raising prices with no explanation beyond what is reasonable for goods that are readily available.

Unlike commercial sales, the *Consumer Protection Act* does not explicitly cover private sales. We urge all Albertans to act with consideration and caution and to find ways to help support each other in this time.

## File a consumer complaint

If people see prices for products or services in Alberta skyrocket because of COVID-19, you can report it through our [Report-a-Ripoff submission form](#) or by calling 1-877-427-4088.

## Cyber security

Cyber security incidents involving malware and fraudulent activities, including identity theft, are being reported across Alberta in the wake of COVID-19.

- Anyone who receives a call asking for credit card information should hang up immediately and call the non-emergency line for local law enforcement.
- Albertans are encouraged to continue to exercise caution when clicking on links or providing personal information to people and organizations that request that information, unsolicited.

# Government service changes

## Temporary office closures

Some Alberta government office locations have temporarily closed to the public.

To find out how to access affected government services, visit the program's web page or call Alberta Connect at 310-4455 from 8 am to 8 pm, 7 days a week.

[View list of temporary office closures →](#)

## Road tests, driver's licence, ID cards and vehicle registration changes

Upcoming expiry dates for Alberta drivers' licences, identification cards, vehicle registrations, other permits and certificates are being extended until May 15.

### Vehicle registration

Vehicle registrations expire on an assigned month based on the registrant's surname or a company name.

- Albertans and companies with registrations expiring in March and April (including those whose last names begin with B, D, G, Y) will now have until May 15, 2020 to renew their vehicle registrations.

### Driver's licences and ID cards

Driver's licences and ID cards expire on the holder's birthday in the year noted on the card.

- Albertans who have birthdays from March 17 through May 14 and whose cards expire this year, now have until May 15, 2020 to renew.
- Expiry dates can be found on your card and Albertans with birthdays from March 17 through May 14 are encouraged to confirm whether or not they need to renew this year.

### Road tests

Effective March 20, Alberta commercial and passenger road tests have been suspended for at least 4 weeks. Road tests will resume when it is safe to do so.

- Albertans who have a road test scheduled will be able to rebook online as of April 17, 2020 for a test on April 20, 2020 or later, at no additional charge.
- We are working with the commercial carrier industry to determine whether there are any urgent driving tests that need to be held in order to support maintaining delivery of essential goods, such as food and medical supplies.

The Alberta Court of Queen's Bench, the Provincial Court of Alberta and the Alberta Court of Appeal are limiting services to essential and urgent functions.

## Alberta Court of Queen's Bench

Alberta's Court of Queen's Bench has suspended all jury trials scheduled between March 16 and May 31. Jurors summoned to attend jury selection during this time are released and don't need to attend.

Current jury trials are proceeding, jurors for these trials must report to court. Crown prosecutors and defense counsel in all cases have been notified.

Hearings are limited to emergency or urgent matters only. Emergency matters are those in which serious consequences to persons or harm to property may arise if the hearing does not proceed, or if there is a risk of loss of jurisdiction or expiration of an existing protection or restraining order.

Any counsel or juror showing symptoms should contact the court to seek instructions from the judge presiding over their case.

Find more [Alberta Court of Queen's Bench information](#).

## Provincial Court of Alberta

The Provincial Court of Alberta is limiting all regular operations until further notice.

Effective March 17:

- All Traffic Courts are closed
- You do not need to attend unless the matter is an in-custody, urgent criminal matter, or urgent family or child protection matter
- No members of the public are permitted unless they are required (i.e. counsel, parties, witnesses, media)

Find more [Provincial Court of Alberta information](#).

## Alberta Court of Appeal

Only people necessary (counsel, litigants, and media) should attend court. No one who is ill or experiencing any COVID-19 related symptoms should attend.

Filing deadlines have not changed. The court remains available to consider requests for extensions, fiats and other administrative directions.

Parties and counsel are encouraged to provide the Registry with an email address if they have not already done so. At this time, correspondence from and to this court may be sent by email instead of fax.

The Court of Appeal Registry is operating on social distancing guidelines posted at the Court of Appeal

Registry counters.

Find more [Alberta Court of Appeal information](#).

## Chief Medical Officer updates

Daily updates from Dr. Deena Hinshaw, Alberta's Chief Medical Officer of Health.

### Transcripts

- [March 25, 2020](#)
- [March 24, 2020](#)
- [March 23, 2020](#)
- [March 21, 2020](#)
- [March 20, 2020](#)
- [March 19, 2020](#)
- [March 18, 2020](#)
- [March 17, 2020](#)
- [March 16, 2020](#)
- [March 15, 2020](#)
- [March 14, 2020](#)
- [March 13, 2020](#)

## Protecting families and the economy





### [Student learning during COVID-19](#)

Guidelines for continuing K to 12 student learning while in-school classes are cancelled due to COVID-19.



### [Relief for the energy sector](#)

Immediate action will protect jobs and provide economic relief to the oil and gas industry.





## [Economic Recovery Council](#)

Providing expert advice to guide Alberta through the economic downturn as a result of the COVID-19 pandemic and the energy price crash.

## Resources



- [Help Prevent the Spread Posters](#)
- [Alberta Health Services \(AHS\) COVID-19 updates](#)
- Government of Canada COVID-19 updates: [English](#) | [Simplified Chinese](#) | [French](#)
- [World Health Organization COVID-19 updates](#)

# News

## Situation updates

- [Update 12: COVID-19 pandemic in Alberta](#) (March 25)
- [Update 11: COVID-19 pandemic in Alberta](#) (March 24)
- [Update 10: COVID-19 pandemic in Alberta](#) (March 23)
- [Update 9: COVID-19 pandemic in Alberta](#) (March 22)
- [Update 8: COVID-19 pandemic in Alberta](#) (March 21)
- [Update 7: COVID-19 pandemic in Alberta](#) (March 20)
- [Update 6: COVID-19 pandemic in Alberta](#) (March 19)
- [Update 5: COVID-19 pandemic in Alberta](#) (March 18)
- [Update 4: COVID-19 pandemic in Alberta](#) (March 17)
- [Update 3: COVID-19 pandemic in Alberta](#) (March 16)
- [Update 2: COVID-19 pandemic in Alberta](#) (March 15)
- [Update 1: COVID-19 in Alberta](#) (March 14)

## News releases

- [Enforcing measures to stop spread of COVID-19](#) (March 25, 2020)
- [Apply for emergency isolation support now](#) (March 25, 2020)
- [Supporting homeless Albertans affected by COVID-19](#) (March 23, 2020)
- [Additional financial support for Albertans and employers](#) (March 23, 2020)
- [New COVID-19 physician billing codes added](#) (March 23, 2020)
- [Change in COVID-19 testing](#) (March 23, 2020)
- [Child care for core service workers](#) (March 22, 2020)
- [Video encourages Albertans to 'help prevent the spread'](#) (March 21, 2020)
- [Emergency management amendment to address COVID-19](#) (March 20, 2020)
- [Economic Recovery Council gets to work](#) (March 20, 2020)
- [Protecting jobs, providing economic relief for energy sector](#) (March 20, 2020)
- [Continuing student learning](#) (March 20, 2020)
- [Pharmacists to assess Albertans for COVID-19, manage drug supply](#) (March 19, 2020)
- [New app helps Albertans access health care](#) (March 19, 2020)
- [Protecting Alberta's families and economy](#) (March 18, 2020)
- [New measures to limit COVID-19 in Alberta](#) (March 17, 2020)

- [\\$500 million committed to COVID-19 response](#) (March 15, 2020)

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