

North Zone Update on COVID-19

July 2, 2021



Thank you for your continued efforts and commitment to keep your communities safe and to help reduce the spread of COVID-19. We thank you for your support, questions, patience, and compliance during this challenging time.

This will be the last regular North Zone Update on COVID-19.

Please continue visiting the [Government of Alberta website](#) as well as the [AHS website](#) if you have questions about the COVID response, moving forward safely, public health restrictions or COVID-19.

Assistance is also available through the **Government of Alberta's Provincial Operations Centre** by calling **1-866-618-2362**.

We encourage you to follow AHS on social media. COVID-19 updates and information is regularly posted on our Twitter (@AHS_media) and [Facebook](#) pages. You are welcome to share these updates and information on your social media channels as needed.

Our AHS North Zone Emergency Operations Centre (ZEOC) continues to actively respond to COVID-19, in coordination with the provincial AHS Emergency Command Centre, and in collaboration and cooperation with our partners across the province. The North ZEOC continues to plan, monitor and endorse activities across the zone that ensure reasonable, well-informed responses to system capacity, as a result COVID-19 activity.

Based on downward trending COVID-19 numbers and increased vaccination numbers, North Zone EOC has adopted a reduced operational tempo and meeting schedule.

Communications Process

Our municipal and Indigenous partners are asked to please continue to send requests for information or questions specific to AHS through our North Zone EOC Liaison desk -

ZEOC.NORTH.LIAISON@albertahealthservices.ca during the week from Monday to Friday.

The ZEOC Liaison position will NOT be manned after 4:30 p.m. Fridays over the weekends. Emails and phone calls will not be answered until the next business day.

For emergent issues or a municipal emergency over the weekend, please call the **Single Point of Contact (SPOC) number - 1 844 755 1788 - for 24/7 EDM on call.**

Please be advised that any municipal inquiries related to **public reporting** of COVID-19 information (relaunch map, geospatial map, changes to map boundaries, requests for additional detail, etc.) must be submitted directly by the municipality to **Alberta Health** via the AH-Operations@gov.ab.ca email address.

AHS should not be included in any inquiries relating to public reporting of COVID-19 data, and cannot respond to these inquiries.

COVID-19 case information

As of end of day June 30, Alberta Health and Alberta Health Services (AHS) have recorded 181 active cases of COVID-19 in the North Zone. There are 17 in hospital and two in the ICU.

There are currently 1,055 active confirmed cases in Alberta. Provincially, there are 165 people in hospital and 34 in the ICU as a result of COVID-19.

North Zone Update on COVID-19 | 2

As of end of day June 30, 4,442,883 doses of COVID-19 vaccine had been administered in Alberta with 1,593,400 Albertans fully immunized with two doses. See below for more info on the COVID-19 vaccine program.

COVID-19 case information is updated Monday to Friday between 3:30 p.m. and 4 p.m. at www.alberta.ca/covid. Outbreak locations can be found at <https://www.alberta.ca/covid-19-alberta-data.aspx> and are updated Tuesdays and Fridays each week.

The [regional status map](#) shows the level of risk in regions and information about local health measures. It also shows the rate of COVID-19 cases and the number of active cases. This map is the source of truth for COVID-19 case information. To protect and respect patient privacy, no further case information is provided.

Acute Care Outbreaks

There is currently one acute care outbreak in the North Zone, as of June 30. For updates and information on acute care outbreaks please go [here](#).

COVID-19 Vaccine Stats

As of June 30, 4,442,883 doses of COVID-19 vaccine had been administered in Alberta.

As of June 29, approximately 234,079 doses of COVID-19 vaccine have been administered in the North Zone (AHS stats only).

Learn more about the COVID-19 vaccine rollout in our [FAQ](#).

Regional Vaccination Rates Map

Albertans can now track vaccination rates in their local geographic area.

The map can be viewed here: <https://www.alberta.ca/stats/covid-19-alberta-statistics.htm#vaccinations>

We encourage Albertans to get their information from reputable sources to make informed decisions about getting immunized. Up to date COVID-19 vaccine information can be found at www.albertahealthservices.ca and www.alberta.ca/covid19. This includes our COVID-19 vaccine FAQ webpage, which is regularly updated: <https://albertahealthservices.ca/topics/Page17389.aspx>

Vaccines are a critical way to limit the spread of COVID-19. They are effective and safe. Immunization protects your health, as well as the health of your loved ones and the community.

Continuous Masking in AHS Facilities Continues

For the past 16 months, Albertans have lived with a wide range of protective measures designed to stop the spread of COVID-19 and safeguard our healthcare system from being overwhelmed. Now, as most restrictions in the general public space are easing, all Albertans, including our staff and physicians, will need to learn how to live with the ongoing public health reality of COVID-19. This means entering a phase where there are fewer mandatory barriers on what we can do in our day-to-day lives, while remaining thoughtful about managing potential risks, particularly in healthcare settings.

To ensure the safety of all staff, physicians, patients and families, masking will still be required in both continuing care and acute care settings. This directive will continue to be applicable to all staff, physicians, volunteers, designated support persons and visitors provincially.

While active cases are declining in our province, there continues to be COVID-19 transmission in the community. Continuous masking is one additional step we can take to protect the vulnerable individuals we provide care to, as well as one another.

It has been a very long 16 months, and our staff, physicians, patients and all Albertans are understandably tired. We thank all staff, physicians, designated support individuals and visitors for continuing to follow our guidance, as we continue our pandemic journey and work towards a more normal way of life for all Albertans as soon as possible.

For the most up-to-date information on visitation guidelines please visit ahs.ca/visitation

Designated Support and Visitor Access

Starting Monday, July 5, AHS acute care sites will allow two (2) designated support persons to visit a patient at one time (if space allows) in all inpatient settings and accompany a patient based on specific situations in ambulatory care.

Two (2) designated support persons in ambulatory care may be allowed in situations involving:

- End-of-life care or goals of care designation (GCD) discussions
- Significant diagnosis/change in medical status leading to poor prognosis
- Behaviour challenges requiring two caregivers, medical or equipment needs requiring two caregivers
- Involvement of Social Services
- When requested by the care team

Until July 5, one designated support person at a time is permitted to accompany a patient in both inpatient and ambulatory settings.

We encourage those who want to see a patient to first review AHS guidelines at ahs.ca/visitation, contact the site directly and, when possible, work with our care teams to connect virtually where an onsite visit is not possible. This includes regular scheduled phone calls or virtual/video connections.

Help Available for Those with Lingering COVID-19 Symptoms

In-person, phone and online resources are available for those struggling with lingering symptoms of COVID-19 and can be found on [MyHealth.Alberta.ca](https://myhealth.alberta.ca) or [Getting Healthy after COVID-19](#).

Most people who have tested positive for the virus fully recover. However, as many as one in four individuals are left with lingering physical, psychological, social and cognitive effects that can include chronic fatigue, muscle weakness, 'brain fog,' anxiety/depression and shortness of breath, known as 'Long COVID.' Most of these individuals can manage their own symptoms, with the appropriate resources and supports.

They include:

- A [symptom self-management guide](#) to help patients recover after COVID-19.
- General information related to COVID-19 and seniors/continuing care; mental and spiritual health; cancer; and expectant and new parents.
- Information on COVID-19 Recovery Clinics.
- [Finding My Way Back video](#) about one Albertan's experience with long COVID.

North Zone Update on COVID-19 | 4

[Resources for health professionals](#) are also available. They include care pathways and toolkits; and a Post-COVID-19 Rehabilitation and Functional Screening and Assessment Tool to help providers determine what rehabilitation supports may be required moving forward.

Resources available

Please continue visiting the [Government of Alberta website](#) as well as the [AHS website](#) if you have questions about the COVID response, moving forward safely, public health restrictions or COVID-19.

The Government of Alberta has recently added a new section on its website providing information on [Health System Capacity in COVID-19](#).

Thank you all!

Thank you for your support and dedication over the past 16 months as we have responded to COVID-19.

We continue to encourage all eligible Albertans to [book their COVID-19 immunization](#). Walk-in clinics are now available for first doses and bookings have been opened up for second doses of the COVID-19 vaccines.

Widespread immunization will help all Albertans return to a more normal way of life, sooner. We encourage you to share the importance of being immunized with your residents and community as well as continuing to follow all public health measures.

Additional COVID-19 immunization information from AHS and Alberta Health can be found [here](#) and [here](#).

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