

Memorandum

March 10, 2020

Dear Daycare Providers:

Subject: Spring Travel and COVID-19

This time of year, many families are planning travel during the March break; it is a popular time for trips outside of Alberta.

Decisions regarding whether or not to travel remain the responsibility of families. The COVID-19 situation is evolving rapidly with increasing global spread, so it is important that people have up-to-date information on COVID-19 to inform these decisions. All Albertans are encouraged to visit www.alberta.ca/COVID19 or www.ahs.ca/covid for guidance around prevention, testing and other useful information.

Travel advisories are issued by the federal government and can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>. In addition to travel advisories, this site also offers information on the health risks of travel specific to the evolving COVID-19 situation. Families are encouraged to visit this site to help guide their decision on whether to continue with travel or cancel travel plans. It is also important to know that decisions made by travel companies, airlines and other countries may affect travel plans.

While the risk of exposure to COVID-19 in Alberta remains low, it is important to know that there is an increased risk of the spread of COVID-19 within Canada in the coming weeks. The following steps are important in preventing the spread of common respiratory illnesses (such as influenza) as well as COVID-19 whether at home or while travelling:

- use good hygiene practices, such as frequent handwashing
- cough or sneeze into your elbow or a tissue. Dispose of tissues immediately and wash your hands
- avoid touching eyes, nose and mouth with unwashed hands
- stay at home and away from others if you are feeling ill
- don't share items that may have saliva on them such as drinking glasses and water bottles
- clean high touch surfaces such as taps, door knobs and counter tops frequently

- contact your primary health provider or Health Link by calling 811 if you have questions or concerns about your health

You may have questions about what it means when a student or staff member at a daycare is asked to self-isolate after being in close contact with a case of COVID-19. Self-isolation is a cautious approach and if that person has no symptoms, they are not considered to have exposed others to the virus. Other students do not need to be kept home. Health officials will already be ensuring that all appropriate precautions are being taken.

Yours truly,

A handwritten signature in blue ink, appearing to read "Deena Hinshaw". The signature is fluid and cursive, with a large initial "D" and "H".

Deena Hinshaw, BSc, MD, MPH, CCFP, FRCP
Chief Medical Officer of Health