



Town of Elrose *NEWSLETTER*

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During this difficult time of uncertainty and continual change the Mayor, Council and Staff would like everyone to know that we will continue to be there for our residents during the crisis. We are currently discussing ways to support and assist our businesses and residents going forward and will communicate these support efforts once they are finalized.

We also ask that anyone who needs assistance during this time to please contact us so that we can ensure everyone is properly taken care of; including groceries, prescriptions and any other necessities.

All Town of Elrose municipally owned buildings are **closed to the public** until further notice, this includes the **TOWN OFFICE** and **MAINTENANCE SHOP**. Our services will continue as usual but with "social distancing" being practiced.

Payment Options are as follows:

1. Place your payment in an envelope with your name, payment purpose and account number and place in mail slot located on the front of the Town Office. Receipts will be mailed.
If making a payment of cash, please put it thru the mail slot during business hours. This will ensure that we pick it up right away
2. Make payment online.
3. Mail a cheque.

We can be reached by telephone at (306) 378-2202, email at townofelrose@sasktel.net, mail (at the above address) or by using our mail slot on the front of the Town Office.

For your information:

Elrose Health Centre

Visitors are not permitted in any Saskatchewan Health Authority operated hospitals, clinics, community and continuing care facilities, except for compassionate reasons.

Elrose-Monet Dr. Clinic

At this time the Clinic is OPEN, however, please do not just go to the Clinic. If you require an appointment please call 306-378-2882 ext. 2 and they will make arrangement for you to either have an appointment over the phone or arrange for you to be seen by a doctor.

The **Lab** is CLOSED until further notice. All non-essential lab and x-ray will be rebooked at a later date. Those with blood work standing orders for INR's, cancer patients etc... please call 306-378-2882 ext.3 and you will be redirected by Lab staff (they will be in the office Tuesday, Wednesday and Thursdays).

Elrose Pharmacy

If you are high risk, ill or on self-quarantine please call the Elrose Pharmacy at 306-378-2335 if you need anything and they will make sure to have it delivered or arrange for pick up by someone who is safe to be out in public.

The Government has mandated that they can only supply one month of your prescriptions at this time, to ensure supplies stay available. Please respect this directive and do not ask for additional quantities.

Kuhmart

They are OPEN and happy to assist you with your grocery orders over the phone or by email. To keep you and everyone safe they are providing free home delivery service. You can call in your order to 306-378-2514 or email it to elrose@kuhmart.ca.

Shopping in store is still available but please adhere to all social distancing rules and read all notices posted.

Post Office

When entering the Post Office please respect all social distancing measures that have been put in place. There are to be no more than two people in the retail lobby at a time and same for the mail box lobby.

The retail lobby hours are now 9:30-1:00 and 2:00-4:30, with the hour before opening and after closing being used for cleaning and sanitizing.

In addition, many other businesses in Town have had to make changes to how they normally operate, please contact them directly for information on any adjustments, restrictions, safety measure, hours, closures etc...that they have in place.

We would like to express our appreciation to all the individuals that continue to provide for and help our community and beyond.

Just a reminder:

- **SELF ISOLATION** – All travelers returning from international destinations (including the United States) are subject to a mandatory 14 day self-isolation order. Violation of the order may result in a \$2,000 fine. Anyone that has been in close contact with someone with COVID-19 shall go into mandatory self-isolation for 14 days from the date they have been exposed.
- **Elrose Library Branch** is CLOSED until further notice. Please keep all materials you currently have at home, no late fees will accrue. If you require assistance or have questions regarding library card/renewal and digital services, please contact 306-652-5077 or email branchmanager@wheatland.sk.ca
- **Waste Transfer Station** is OPEN, with social distancing practices in place.
- Please remember when using disinfectant wipes they need to be disposed of in the garbage, not flushed down toilets. Wipes, including baby wipes, napkins, paper towels and tissues can clog up the sewer lines and cause back ups. Thank you.

WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19. Keep a minimum distance of 2 metres from others when shopping or walking in community.



Avoid non-essential trips in community



Limit or postpone gatherings



Keep kids at home away from group settings



Work from home wherever possible



Visits to long-term care homes are restricted to immediate family for compassionate reasons



Conduct meetings virtually

About COVID-19

What are the symptoms of COVID-19?

Common signs include respiratory symptoms: fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.

What is COVID-19?

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some cause illness in people, while others circulate among animals. Some coronaviruses transmit easily from person to person while others do not.

COVID-19 is a new virus that has not been previously identified. At present it is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more.

How does COVID-19 spread?

The infection transmits via coughing and sneezing (droplet transmission). It can also be spread by touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands. While it is not yet known exactly how long COVID-19 lives on surfaces, preliminary evidence suggests it can live on objects and surfaces from a few hours to several days. Therefore, isolation at home or hospital is important to prevent transmission.

It is recommended to maintain a social distance of ideally two metres and at minimum one metre.

How is COVID-19 treated?

As with most respiratory illnesses, most people with COVID-19 illness will recover on their own. There is no specific treatment for disease caused by COVID-19. Severe or worsening symptoms may require supportive treatment in hospital.

If symptoms feel worse than a standard cold, see a health care provider or call HealthLine at 811. If HealthLine 811 recommends you seek acute care, they will provide instruction to call ahead.

Currently, there is no approved vaccine that protects against coronaviruses, including COVID-19.

How can we protect ourselves?

Currently, there is no approved vaccine that protects people against coronaviruses.

As a respiratory illness, the best method to protect yourself against COVID-19 is to practise everyday preventive actions, including:

- Practise proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices; and
- Avoid close contact with people who are sick.
- Avoid unnecessary travel to affected areas.
- Avoid large crowds and practice social distancing (do not shake hands, hug or kiss).

There is no evidence that surgical masks protect persons who are not sick. The World Health Organization does not recommend the use of any masks if you do not have a travel history and respiratory symptoms. If you have respiratory symptoms such as cough or difficulty breathing and a relevant travel history you should wear a surgical/procedure mask when seeking medical care at a health facility. If you are going to a health care facility for treatment of your respiratory illness and do not have a mask, ask for one at the admission desk and one will be provided to you.

What should caregivers know?

If HealthLine 811, public health officials or your healthcare provider have advised you to self-isolate, you may be cared for at home.

If you are providing care to someone with suspected or confirmed COVID-19 at home, it's recommended to keep distant from an affected individual as much as possible. Hand hygiene should be performed frequently, preferably using soap and water or an alcohol-based hand rub. Wear a surgical mask when in the same room with the affected individual and dispose of the mask immediately after use. Hand hygiene should also be performed following removal of the mask. Eye protection is also recommended.