

# ISC - Alberta Region COVID-19 Update for Chiefs: *March 3<sup>rd</sup>, 2021*



## Updates

### Step 2 Easing of Restrictions:

Effective Monday, some slight easing of restrictions in regards to indoor fitness and libraries. As a cautionary measure, changes to current restrictions for retail, children's sports, and hotels, banquets, community halls and conference centres have been delayed. Libraries can now open but must limit capacity to 15 per cent of fire code occupancy, not including staff. As far as indoor fitness is concerned:

- Unsupervised low intensity individual and group exercises are now allowed by appointment only.
- Mandatory physical distance of three metres is required between participants, including coaches and trainers, at all times, and masks must be worn at all times by trainers and those participating in low-intensity activities.
- All indoor fitness must be pre-registered – no drop-ins allowed.
- Low-intensity exercises include weightlifting, low-intensity dance classes, yoga, barre and indoor climbing, as well as the low-intensity use of treadmills, ellipticals and related equipment.
- High-intensity activities, including running, spin and high-intensity interval training, continue to be allowed only on a one-on-one with a trainer basis, or training with a household and one trainer

A decision on Step 3 will be made after at least three weeks of evaluation to assess the spread of COVID-19. More information available [here](#).

### Equipping ourselves against dis- and misinformation about COVID-19:

Technology and online platforms have been vital information-sharing resources to keep Canadians safe and up-to-date during the COVID-19 pandemic. However, they have also allowed false information to circulate at a much faster rate. Extreme misinformation about COVID-19 is intentionally created and distributed to cause harm. To reduce or stop the spread of false information, Canadians should be on alert, check the sources where the content came from, and validate the content with information provided by [legitimate websites](#). Everyone can stop the spread of misinformation by verifying the information first and not sharing disinformation with others.

## Question of the Day

**Q: Is there any additional relief for working parents?**

**A: Last week, the Province announced that Alberta parents who use child care will receive \$561 per child with the new Working Parents Benefit, a one-time payment to help parents with the cost of child care. The Working Parents Benefit will see \$108 million go to families that used child care – including licensed or unlicensed daycare, day homes, out-of-school care, or preschool – from April to December of 2020. Families will be eligible to apply for the Working Parents Benefit if they have:**

- Children in any form of child care, including licensed or unlicensed child care.
- A household annual income of \$100,000 or less.
- Paid for three months of child care between April 1 and Dec. 31, 2020 (must provide receipts).

More information available [here](#).

# Alberta Cases:

as of March 2<sup>nd</sup>, 3:30 p.m. MST

<b>AB Total Confirmed (Mar. 2<sup>nd</sup> – 257 new cases)</b>	<b>134,052</b>
<b>AB Recovered Cases</b>	<b>127,531</b>
<b>Confirmed First Nations On-reserve Cases</b>	<b>6,320</b>
<b>On-reserve Recovered Cases</b>	<b>5,594</b>
<b>On-Reserve Active Cases</b>	<b>660</b>
<b>Calgary Zone Confirmed</b>	<b>51,296</b>
<b>Central Zone Confirmed</b>	<b>10,219</b>
<b>Edmonton Zone Confirmed</b>	<b>53,882</b>
<b>North Zone Confirmed</b>	<b>11,992</b>
<b>South Zone Confirmed</b>	<b>6,558</b>
<b>Unknown Confirmed</b>	<b>105</b>
<b>Deaths due to COVID-19</b>	<b>1,890</b>
<b>On-reserve Deaths due to COVID-19</b>	<b>66</b>

## Eating healthy during the pandemic

A healthy diet is essential for optimal physical and mental health, especially during the COVID-19 pandemic. Several resources are available that provide information about healthy food choices and recommendations for buying and preparing healthy food.

The [webpages](#) also provide suggestions and recipes for making healthy snacks and meals, as well as offer tips for choosing healthier menu options at food service establishments.

## Regional Snapshot



More Alberta case data can be found [here](#)

## Useful Links

### Telehealth Session TOMORROW:

Focusing on management of COVID-19 Variants.  
**Thursday March 4 from 1:30 – 3 pm.**

To connect to the session:

- via Zoom, go to <https://fntn.zoom.us/join> and enter Meeting ID: 955 4384 2006 and Passcode: 168403
- from an audio line, dial 1-587-328-1099 and enter Meeting ID: 955 4384 2006 and Passcode: 168403
- from a videoconference-enabled room, go to [www.fntn.ca](http://www.fntn.ca) to register. Questions can be submitted in advance of or during the presentation to [VChelp@FNTN.ca](mailto:VChelp@FNTN.ca), or via Zoom during the presentation. This session will be recorded and posted to [www.fntn.ca](http://www.fntn.ca).

### Alberta Indigenous Virtual Care Clinic:

Providing same day care to rural and urban indigenous people residing in Alberta via secure video or phone service. Call **1.888.342.4822** to book your appointment. Hours: Mon -Fri 8:30am-4:30pm, Sat -Sun 12:30pm - 4:30pm or Visit the website [aivcc.ca](http://aivcc.ca) for more information.

# Vaccine Update



## AstraZeneca Vaccine Authorization:

On February 26, 2021, Health Canada authorized the COVID-19 vaccine manufactured by AstraZeneca, and developed in partnership with Oxford University, as well as the Serum Institute of India's version of the AstraZeneca vaccine, which is sponsored in Canada by Verity Pharmaceuticals Inc. The vaccines are indicated for use in adults 18 years of age and older. They have an overall efficacy of 62%, when given according to the authorized dosing regimen, and can be stored and transported at temperatures ranging from 2° to 8°C. AstraZeneca is conducting further clinical trials on people of all age groups. The indication could be revised to eventually include children once the studies are completed and if the data support doing so. The Government of Canada is working closely with provinces, territories and public health partners to align plans for the timely roll-out of vaccines. Vaccine rollout decisions are generally informed by NACI'S prioritization guidance. More information is available [here](#).

## Moderna Vaccine:

We understand there are questions regarding the vaccine, please note in regards to side-effects from the Moderna vaccine: side effects that followed vaccine administration in clinical trials were mild or moderate. They included things like pain at the site of injection, body chills, feeling tired and feeling feverish. These are common side effects of vaccines and do not pose a risk to health. As with all vaccines, there's a chance that there will be a serious side effect, but these are rare. A serious side effect might be something like an allergic reaction. Speak with your health professional about any serious allergies or other health conditions you may have before you receive this vaccine. Health Canada has conducted a rigorous scientific review of the available medical evidence to assess the safety of the Moderna COVID-19 vaccine. No major safety concerns have been identified in the data that we reviewed.

The manufacturer is planning to follow clinical trial participants for at least 2 years after the second dose of the vaccine is given. It must communicate any safety concerns to Health Canada. To ensure that the benefits of the vaccine continue to outweigh the risks, we may also impose terms and conditions at any time. For example, we can require the manufacturer to take further risk mitigation measures. We can also ask the manufacturer to submit additional safety information. Health Canada will continue to review all the available safety data as it becomes available. More info available [here](#).

## Vaccine Snapshot

\*as of March 2nd



**8,322** doses of vaccine have been administered in **45** Nations (bands) in Alberta.



At least **7,382** First Nations people have receive their first dose



At least **2,835** First Nations people aged 65 years and older living in reserve or crown land have received their first dose.



At least **329** First Nations people aged 65 years and older have receive two doses of the vaccine.



At least **862** First Nations people have receive two doses of the vaccine.