

# BLOCK PARTY EVENTS

and COVID-19



## COVID-19 PUBLIC HEALTH MEASURES

During any Neighbourhood Event attendees must adhere to the public health orders issued by the Chief Medical Officer of Health (CMOH) at all times. FCSS and the Town of Cochrane have developed the following guidelines to help ensure the health and safety of residents during any neighbourhood events.

1) Stay home if you're feeling ill or are exhibiting symptoms of COVID-19, such as:

- Fever\*
- Cough (new cough or worsening chronic cough)\*
- Shortness of breath or difficulty breathing (new or worsening)\*
- Runny nose\*
- Sore throat\*
- Stuffy nose
- Painful swallowing
- Headache
- Chills
- Muscle or joint aches
- Feeling unwell in general, or new fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (commonly known as pink eye)

\*Public Health Orders in effect at the time of publication stipulate individuals having a fever, cough, shortness of breath, runny nose or sore throat are legally required to isolate for 10 days from the onset of those symptoms, or until the symptoms resolve, whichever is longer. Persons with any of the other listed symptoms should stay home and minimize their contact with others until their symptoms resolve\*

2) Keep 2m physical distance when door knocking or interacting with people outside of your household.

3) Wash your hands frequently with soap and water for at least 20 seconds or use alcohol based rubs containing at least 60% alcohol.

- Always ensure that you are washing your hands before and after eating, using washroom facilities, and after touching a surface if you are unsure if it is clean.
- Hand sanitizer should only be used a maximum of 10 times prior to washing your hands for 20 seconds with soap and water.
- Avoid touching your face as much as possible

4) Always cover your coughs and sneezes with your elbow.

5) Wear a mask if unable to keep 2m distance, although it is good practice to wear a mask whenever you are interacting with neighbors.

[cochrane.ca/Neighbours](https://cochrane.ca/Neighbours)



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