

COVID-19 Status

MAY 22, 2020

We have confirmed 33 new cases of COVID-19 over the past 24 hours, bringing the provincial total to 6,768. Of the total cases, we suspect 616 cases may have been acquired in the community from an unknown source (these cases are not included in outbreak data). Currently, there are 59 cases in hospital, with six in an ICU. 5,710 cases have now recovered.

We must report the sad news of four additional deaths in the past 24 hours, bringing the provincial total to 132 lives lost in Alberta related to COVID-19. Every loss represents a person loved and cherished by friends and family. We share our heartfelt condolences to every Albertan grieving the loss of someone today.

4,017 tests were completed over the last 24 hours, bringing our total COVID-19 tests to 225,588 since the start of the pandemic.

Things You Need to Know

Tips for Personal Hand Sanitizer Use

Although hand-washing with soap and warm water (for at least 20 seconds) is safe and effective, it is not always practical or possible when outside of the home or workplace. As such, many people are using hand sanitizer products as an alternative to hand-washing, when they are out and about.

With a shortage of traditionally-manufactured hand sanitizer products for public consumers, new suppliers are making hand sanitizer available for purchase, including breweries, distilleries and other community-based companies.

AHS does not individually verify or promote any of these products, but here's some overarching advice on what to look for when considering hand sanitizer for your personal use:

- Ensure the product has an alcohol concentration between 60-90 per cent. Public Health Agency of Canada, the Centers for Disease Control and Prevention and the World Health Organization all agree that products in this range are effective.
- The World Health Organization also recommends inclusion of hydrogen peroxide in the solution, to prevent bacterial spores forming in the container. This may be less important if you are using a small container rapidly, for personal use.
- Always read the full list of ingredients, to ensure you identify any allergens or irritants to which you know you are sensitive. For example, some products include emollients, which help protect the skin, but may cause allergies in some individuals.
- Do not store in your car for long periods of time. With extended exposure to high temperatures, the alcohol in the hand sanitizer will eventually evaporate, causing it to lose its efficacy. Additionally, there is a potential fire risk to storing hand sanitizer in your car. In extreme heat, it can ignite due to its high alcohol content. Keeping it in the car for short periods of time such as when running errands is fine, but it should not be left in the car for long durations.
- Never ingest hand sanitizer and always keep out of reach of children.

- If you are an AHS healthcare provider, be assured that AHS provides hand sanitizer products that are both safe and effective, at all facilities.

Personal Protective Equipment (PPE) Tip of the Day

The daily series - *PPE Tip of the Day* – features quick and simple reminders you can take forward into your practice, from shift to shift.

N95 mask use:

Follow the correct procedure to carefully [doff PPE](#) after performing an [aerosol-generating medical procedure](#) on a patient who is suspected or confirmed to have COVID-19. [Wash your hands](#), then [remove the N95 mask](#) by the straps and [wash your hands](#) again, immediately after taking it off. Some areas of acute care in some zones are recycling N95s and storing them to be used in the unlikely event they are needed. See ahs.ca/covidppe for more information on that initiative, and to learn if it applies to your area

To see previous PPE Tips of the Day, please visit the PPE Tips archive, [here](#).

AHS COVID-19 Podcast

In today's [AHS COVID-19 Podcast](#), Dr. Debrah Wirtzfeld, Associate Chief Medical Officer for Physician Health, Diversity and Wellness, talks about the importance of physician wellness as the COVID-19 pandemic continues.



In the Zones

Zone Emergency Operations Centre (ZEOC) Update – Central

Throughout the response to the COVID-19 pandemic we've seen many teams come up with creative ways to continue providing care and services to those we care for across the Central Zone. Volunteer Resources is a team which has quickly adapted to meet changing needs.

When volunteer programs were postponed due to the COVID-19 pandemic, and volunteers were unable to offer visitations in person, Volunteer Resources quickly explored creative ways to reach out to Home Care clients, residents and patients in health facilities across the Central Zone.

One of the programs they developed, and have been offering since the end of April, is the Virtual Call a Friend Volunteer Program. To date, volunteers have virtually visited 68 clients from across the zone and the program is growing. The program allows volunteers to connect with clients and offer virtual support. Volunteers are matched with clients looking to connect with someone, and provided with a bit of background about them before the initial call. Each volunteer is also given a tip sheet to help them respond to challenging questions or concerns, and identify when a client may be in distress. Volunteers are in contact with the Home Care Support workers to help ensure clients receive any follow up support they may need.

One of the first volunteers to answer the call to support the new program was 98-year-old Fern Olson, who has been volunteering with AHS at the Olds Hospital and Care Centre for 23 years. Fern was so eager to connect with the clients she was matched with, that she came up with a creatively safe way to get the information packages she needed from Volunteer Resources Coordinator, Tina Richards.

With visitor restrictions in place at her continuing care facility, Fern put a bucket and some rope to good use to get her delivery from Tina, by hoisting her mail up over the balcony.

"I quite enjoy my weekly phone call visits," says Fern. "And realizing how much I already know about the clients makes me feel like we're already friends."

For the clients Fern is in touch with on a weekly basis, the regular phone calls help them feel connected, in more ways than one.

"I love these calls from Fern. I get excited when it's time for the call. Growing up, she was my dad's best friend, who has since passed away and her calls make me feel closer to my dad now," says Joan, a client participating in the program.



During the provincewide visitor restrictions, Fern Olson, an AHS volunteer, who lives in a retirement community in Olds, uses a bucket attached to a rope to collect her information package from AHS Volunteer Resources.

Be Well - Be Kind

Shout Out

We have said repeatedly that the COVID-19 pandemic has presented new challenges requiring innovative solutions. One of those solutions came from the Clinical Educators Team at the Walter C. Mackenzie Campus in Edmonton.

Registered nurses in the Emergency Department see all types of acuity and presentations of patients in their day-to-day work, including caring for critically ill pediatric and adult intubated patients. Nursing staff anticipated a surge of critical patients due to COVID-19, and requested more education on care of intubated and ventilated patients. To meet this challenge, the Clinical Nurse Educators (CNE) team created a valuable resource to support nurses on the basic mechanics of ventilators, and the essentials of caring for a ventilated patient. This enabled the nurses to support their physician and respiratory therapist teammates more than ever during the pandemic.

The team came up with a PowerPoint presentation to explain the mechanics of a ventilator, and embedded short, live-action videos demonstrating the proper operation of a ventilator. They also mocked up a patient bed and mannequin, shooting the video with an old digital camera.

Normally in-service training refreshers are done in person, so staff can participate and ask questions. This challenge was addressed by having a small group of nurses in the room while recording the videos, so questions could be asked and answered as the demonstration was unfolding.

Margaret Dymond, a CNE for Emergency Medicine, was very pleased with the resulting resource. "This is a great way to provide useful information to our frontlines, not just in the midst of the COVID-19 response, but even for the long term," she said. "We have also shared this resource with ICU staff, who are training new and redeployed staff for the COVID-19 response."

Kudos to this team!

Community Acts of Kindness

As we've said before, gratitude from Albertans for the work of AHS teams during this pandemic has been demonstrated in many forms. We've received many email messages, letters, cards, videos and even expressions of appreciation through art, song and dance. Social media has also been very active over the past weeks and months with posts and tweets recognizing your efforts. Tonight we are sharing just a few of those from this week. Albertans are very aware that your dedication to protecting them has not faltered.



Cathi Garon THANK YOU APL! Great job. The data you are collecting will help us move through this pandemic as safely as we can. 🙌🙌🙌🙌



Satnam Dhaliwal Randhawa Thanku Frontline workers.. You guys are the angels..salute #teamAHS



Kamal Johal This is amazing 😊 well done AHS Everything in your power to keep us informed and keep us safe to keep us healthy thank you so much for your sacrifice for your strength for your courage 🙏🙏🙏🙏



Colleen Gibbons-Spackman Thank you for your comittment, long hours, putting yourself & your families at risk & just being amazing! Words cannot express the appreciation you deserve. God bless. Stay safe & healthy.

We know that along with a return to some pre-pandemic activities, re-launching Alberta's activities presents new challenges, questions and worries, as we continue to manage COVID-19. We appreciate your ongoing commitment to keeping Albertans safe through your adherence to the public health protocols. These actions remain our most important defense against this and other infectious illnesses.

There have been many challenges throughout this pandemic, as we determine the best path for our province, but we have given the people of Alberta confidence in our ability to make the right choices to protect them. Though the fight has been long, it's not over and we are still in this together. Thank you for all you are doing.

Please Note: This message has been modified from the AHS Daily Updates.

*****Please share this information as appropriate*****

*****For Alberta Health Services – Indigenous specific questions/concerns please**

email ahs.ecc.operations.ih@ahs.ca ***

*****For Indigenous Services Canada please**

email sac.cdemergenciesab-urgencesmtab.isc@canada.ca ***

Josipa Pavicic on behalf of Nadine McRee