

COVID-19 Status

We have confirmed 70 new cases of COVID-19 over the past 24 hours, bringing the provincial total to 5,963. Of the total cases, we suspect 730 cases may be from unknown exposure (acquired in the community from unknown sources), 249 have been hospitalized and 52 have been in an Intensive Care Unit (ICU). Currently, there are 82 cases in hospital, with 19 in an ICU. 3,552 cases have now recovered — roughly three out of every five cases.

We're sad to report six additional deaths in the past 24 hours, bringing the provincial total to 112 lives lost in Alberta related to COVID-19. AHS extends its deepest condolences to the families and loved ones of these individuals, as well as the healthcare workers who cared for them.

3,494 tests were completed over the last 24 hours, bringing our total COVID-19 tests to 170,509 since the start of the pandemic.

Things You Need to Know

Updated visitation guidelines now online

Following the recent orders from the Chief Medical Officer of Health, AHS has updated our [visitor guidance](#) to clarify a few additional visitor exceptions.

To help ensure continued protection of residents in long-term care and supportive living, as well as to improve their quality of life, visitor guidelines now allow residents of these facilities who are not in isolation to enjoy outdoor visits with a designated essential visitor and one other person. While outside, all appropriate precautions must be taken to prevent exposure to COVID-19, including physical distancing and the requirement that all visitors wear a mask or face covering.

Visitor guidelines have also been amended to provide more guidance and clarity around visitation for those who have loved ones in an end-of-life situation. This amendment allows up to two visitors at a time to visit a patient who is dying within any AHS facility, as long as physical distancing can be maintained between the visitors. The updated guidelines also acknowledge the significance and importance of traditional Indigenous practices and protocols in the end-of-life pathway.

These are extraordinary times and, as difficult as these decisions have been to make, visitor restrictions have been put in place to ensure we are doing all we can to protect the health of other patients, staff, residents and the public.

We understand these temporary visitor restrictions are extremely difficult for those who have a loved one at end of life, as well as for those who have lost loved ones and were unable to visit them. Our thoughts are with everyone who has lost loved ones during this time.

Visitor restrictions will be updated on a regular basis as the pandemic progresses. Please continue to encourage visitors to use other virtual methods — such as phone calls or video messaging — to remain in contact with loved ones.

Please see Page 5 for Indigenous Considerations:



AHS COVID-19
Visitor Guidance...

National Hospice Palliative Care Week

This week (May 4 – 10) is National Hospice Palliative Care Week.

Palliative and end-of-life care (PEOLC) is both a philosophy and an approach to care that enables all individuals with a life-limiting and/or life-threatening illness to receive integrated and co-ordinated care across the continuum. This care incorporates patient and family values, preferences and goals of care, and spans the disease process from early diagnosis to end-of-life, including bereavement. Now, more than ever, the skilled and compassionate palliative approach to care is needed to support patients and families during the COVID-19 pandemic.

We would like to thank our front-line clinicians and staff for caring for PEOLC patients and their families during this critical time. Thank you to those of you supporting PEOLC in other ways, such as providing direction, revising guidelines and creating documents to support patients, families and front-line healthcare providers during this pandemic. Please take care of yourselves and your families, and know your work is needed and much appreciated.

Several resources have been developed to guide healthcare providers on providing PEOLC to patients and families, including but not limited to those infected with COVID-19.

The following is a list of resources and information on PEOLC and COVID-19:

- AHS COVID website with [provincial PEOLC resources](#) approved by the Emergency Coordination Centre
- [Continuing Care Connection](#) website

For more information on PEOLC, visit the [Palliative Care webpages](#) on MyHealth.Alberta.ca. This website is a reliable, clinically relevant and evidence-based accessible source of PEOLC interdisciplinary information for both healthcare providers and the public.

Close monitoring at province's meat-processing plants

Dr. Deena Hinshaw, the province's Chief Medical Officer of Health (CMOH), shared an update today on measures to address outbreaks at some of the province's meat-processing plants.

Dr. Hinshaw confirmed all meat-processing facilities in Alberta with outbreaks underway have implemented safety controls that meet requirements identified by AHS, the Canadian Food Inspection Agency, Occupational Health and Safety legislation and CMOH orders. AHS has performed multiple inspections at each facility, and testing is being offered to all workers in outbreaks, including those without symptoms.

Dr. Braden Manns on the work of the Scientific Advisory Group

Research sleuthing is playing a key role in supporting Albertans and staff during the COVID-19 pandemic. Dr. Braden Manns — Co-Chair of the AHS Scientific Advisory Group (SAG) — explains how this group is combing through documents and research articles in the hunt for answers and information that is helping AHS and Alberta Health develop and update their COVID-19 strategies.

You can hear the full interview on our [COVID-19 Podcasts](#) webpage, or watch an excerpt from the interview in this [video](#) below.



PPE Tip of the Day

Our daily tips feature quick and simple reminders you can make part of your practice, from shift to shift.

N95 Recycling Project:

Did you know that the N95 recycling project is expanding across more zones and units? AHS is NOT currently reusing N95s as we have adequate PPE supply thanks to the amazing work of our CPSM team. We are collecting used N95s for a process of decontamination and storing as a contingency plan, in the unlikely event that we require additional supplies in the months ahead. Learn more about the project, and where we are currently collecting used N95s, at ahs.ca/covidppe.

In the Zones

Edmonton Zone Emergency Operations Centre (ZEOC) Update – Taking Care of Wellness

COVID-19 is disrupting our everyday lives, both at home and at work. Hospitals, sites, units and programs from around the Edmonton Zone are finding innovative ways to support AHS staff and physicians experiencing moral distress, feeling overwhelmed and feeling anxious.

Some initiatives include:

- The Royal Alexandra Hospital and Sturgeon Community Hospital's Patient & Provider Experience offices, which are supported by the Royal Alexandra Hospital Foundation and Sturgeon Community Hospital Foundations, respectively, are conducting a provider wellness survey to learn how each site can better support staff and physicians to help them achieve emotional, social, psychological and physical well-being during the COVID-19 pandemic.
- At the WestView Health Centre in Stony Plain, weekly staff check-in sessions provide the opportunity to receive AHS and site updates on COVID-19 from a manager and social worker. Check-in sessions, which also include information on available supports, are attended by teleconference as well as in person (following social distancing guidelines).
- Edmonton's Cross Cancer Institute and Strathcona Community Hospital have each created a gratitude wall filled with inspirational quotes, words of thanks, and images of staff and physicians at the site. Staff, physicians and patients are encouraged to add to the wall, which helps colleagues feel recognized, appreciated and connected.
- The physical therapy service at Glenrose Rehabilitation Hospital in Edmonton has inspired the site's Staff Wellness Committee to implement a theme shirt day on Fridays. From superheroes to silly Christmas sweaters, to Star Wars and sports teams, staff and physicians across the site are getting into the spirit of theme-shirt Friday at the Glenrose.



A gratitude wall at the Cross Cancer Institute in Edmonton is a place where staff, physicians and patients can express their appreciation for one another.



Staff at the Glenrose Rehabilitation Hospital in Edmonton sport their favourite Hawaiian shirts as part of the facility's theme shirt day, held every Friday.

Be Well - Be Kind

High River salutes AHS staff, physicians on Health Care Heroes Day

High River residents came together on May 1 to celebrate High River Health Care Heroes Day.

The High River District Health Care Foundation encouraged the community to place signs in their windows and lawns, post messages on social media, and rally together to make noise all in support of local healthcare workers.

As part of the day, first responders and community members held a [parade in front of the High River General Hospital](#) to bring smiles to the faces of hospital patients, residents and staff.

Michael Brown, Executive Director of the High River District Health Care Foundation, says the foundation organized their first annual High River Health Care Heroes Day as an opportunity to thank those who contribute to local healthcare.

“High River Health Care Heroes Day was truly a heartfelt display of how much our community appreciates and supports everyone who makes our local healthcare so wonderful,” he says.

“There were signs and cards and firetrucks and lots and lots of noise with one clear message: thank you to all of you who are part of this incredible team. It doesn't matter if you are a physician or nurse or cleaner or cook, High River recognizes that it takes the entire team to make our system function and we just wanted to make sure all of you realized how much you are appreciated by our community.”

We extend our sincere thanks to the High River District Health Care Foundation and all #HRhealthcareheroesday participants for this incredible gesture toward our staff, and for their ongoing support of healthcare in their community.



A sign of gratitude for local healthcare workers is displayed on the lawn of this High River home as part of the first annual High River Health Care Heroes Day on May 1. The event was organized by the High River District Health Care Foundation.

#AHSFitFam reminder

Staying active and maintaining your physical and mental wellness during a pandemic takes willpower — and a little ingenuity during a time when gyms are closed and physical distancing precludes group sports and activities. So we want to know: what are you doing to stay healthy? We encourage you to share your new routines with your colleagues and other Albertans by posting to social media. Make sure to use the hashtag #AHSFitFam. We look forward to seeing you there.

Closing message

In times like these — times of high demand, times of stress — it's important to remember that not one of us is alone. Yes, because of our training, many of us are tasked with responsibilities that only a few others can do. But we can still draw strength and assurance by taking a minute and recognizing how many people are supporting us, and how many people are doing what they can do to help us succeed as a team and as a healthcare system.

We have Albertans across the province showing their appreciation for our efforts in a very public and heartfelt way. We have businesses — local, national and international — reaching out to us and offering to support us however they can — whether that's making scrubs, or swabs, or ventilators, or even helping us build and equip a field hospital in a matter of weeks. We have academic institutions and health foundations wanting to contribute to our efforts, and we have all levels of government as reliable partners in our response efforts.

We are not alone. There's a lot of love and respect out there for us. For you. If you ever feel it's you against COVID-19, we have your back — and please remember there are millions of Albertans who are there for us, too.

Thank you and stay safe.

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