



## FOR IMMEDIATE RELEASE

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### **Lethbridge County reminding citizens to stay vigilant as area COVID-19 cases rise**

LETHBRIDGE COUNTY– Amid the upcoming holiday weekend and recent rise in cases in the area, Lethbridge County is reminding citizens to stay vigilant to slow the spread of the virus.

An outbreak of cases has been identified in the area from a gathering, leading to several new cases over the last week. There have also been outbreaks in Lethbridge, serving as a reminder that COVID-19 can easily spread in our communities.

With the Thanksgiving long weekend approaching, the County reminds citizens to follow guidelines set out by Alberta's Chief Medical Officer of Health:

- Keep Thanksgiving gatherings as small as possible
- Do not host or attend a gathering if you feel unwell
- Eat outdoors if possible to encourage physical distancing
- Do not share serving spoons or dishes

"We must continue doing everything we can to prevent the spread of COVID-19," says Reeve Lorne Hickey. "Our holiday celebrations may look a bit different this year, but please consider your loved ones health when planning meals and gatherings. COVID-19 is still with us and we all have a responsibility to keep each other safe."

Lethbridge County is also strongly recommending the use of masks in public places, especially in facilities where there are large groups of people and/or physical distancing is not possible.

Citizens are also reminded to continue following these steps to slow the spread:

- Practicing physical distancing of 2 metres
- Wearing a mask when physical distancing isn't possible
- Practicing good hand hygiene by washing hands often, with soap, for at least 20 seconds
- Covering coughs and sneezes, and avoiding touching your face
- Monitoring for symptoms and self-isolating for the legally-required 10 days if symptoms appear