

COVID-19 Status

As of Aug. 5, a total of 11,296 people in Alberta have been confirmed with COVID-19, with 1,107 active cases. Two weeks ago, Alberta's active case count was 1,293. The average number of daily cases confirmed in the past week is 84, compared to 108 the previous week. Currently, 76 people are in hospital with the virus, with 19 of those in an intensive care unit. In all, 9,984 Albertans have recovered from COVID-19.

We are saddened to see COVID-19 continue to take Albertans lives. Since the COVID-19 outbreak began, 205 Albertans have died of causes related to the virus. In the past week, 10 people died. As always, we offer our genuine sympathies to the families and loved ones of these individuals. We also send our support to the caregivers who have lost patients to COVID-19.

As of Aug. 5, a total of 735,322 COVID-19 tests have been completed in Alberta since the pandemic began. In the past week 58,409 tests were completed, an average of 8,344 per day.

We continue to see the highest number of cases in people who are 20 to 29 and 30 to 39 years old. Rates of hospitalization and death remain highest among Alberta's most elderly people.

Currently, Alberta Health has designated eight out of 142 regions in the province as being under watch status, meaning they have 50 or more active COVID-19 cases for every 100,000 people. See the Government of Alberta's [interactive COVID-19 case map](#) for details.

Things You Need to Know

COVID-19 Testing for Healthcare Workers – The Latest Numbers

This data tracks the number of employees and physicians with AHS, Covenant Health and Alberta Precision Laboratories (APL) tested for COVID-19. The data includes the number of positive tests and those confirmed to have been exposed in the workplace. Full details are in the [AHS Healthcare Worker COVID-19 Testing dashboard](#).

Summary, as of Aug. 5:

- 41,677 (AHS, APL and Covenant combined) have been tested for COVID-19, with 345 (or 0.83 per cent) testing positive.
- Of the 345 people who tested positive, 63 (or 18.3 per cent) were infected in the workplace; the source of infection for 65 of the 345 positive results is still being investigated.
- 2,675 physicians (AHS, APL, and Covenant combined) have been tested for COVID-19, with 34 (or 1.27 per cent) testing positive.
- Of the 34 physicians who tested positive, three (or 8.8 per cent) were infected through workplace exposure; the source of infection for one of the positive results is still being investigated.

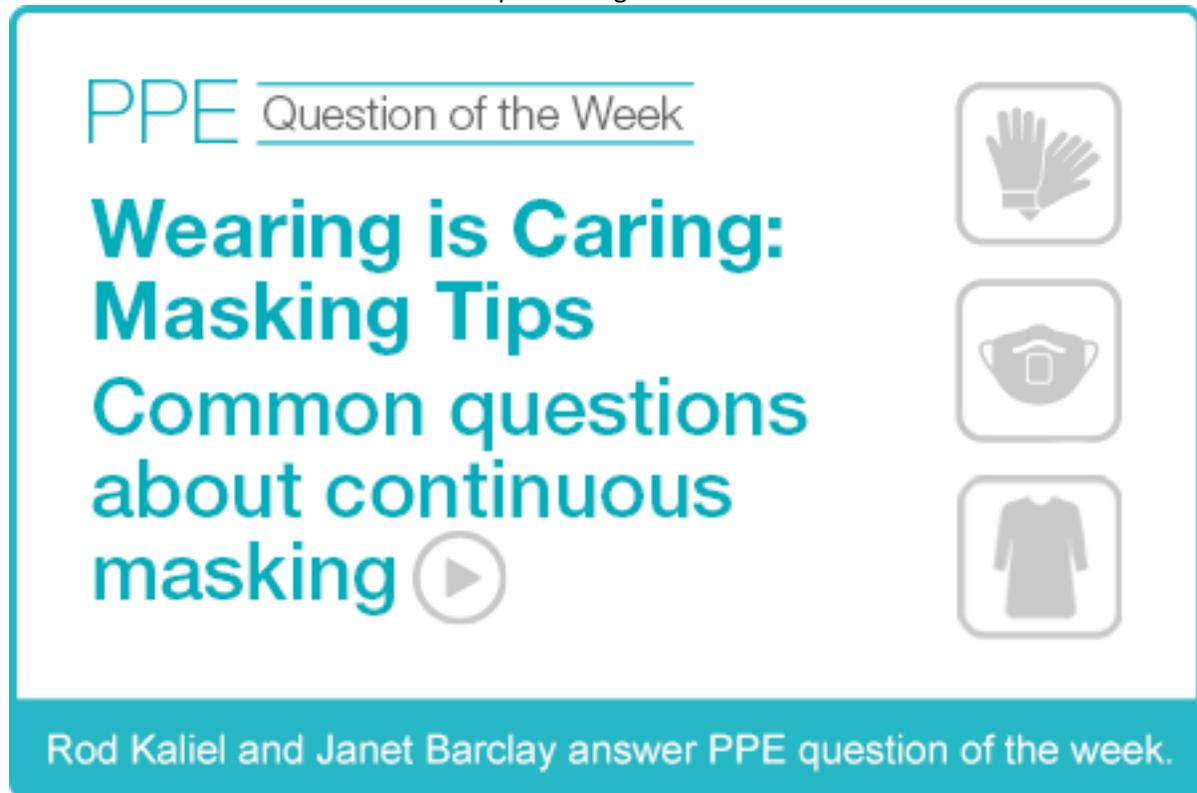
For more information, see the AHS Healthcare Worker COVID-19 Testing [infographic](#) and [dashboard](#).

PPE Question of the Week – Masking Tips

Many people have asked our PPE Task Force questions about masking.

In the [latest PPE Question of the Week video](#), Janet Barclay, director of Infection Prevention and Control in AHS North Zone, and Rod Kaliel, executive director of Workplace Health and Safety, answer three common queries.

- When is it OK to use a cloth mask versus a medical mask?
- How do I care for and launder a cloth mask?
- What do I need to look for when purchasing a cloth mask?



The image is a video thumbnail for a 'PPE Question of the Week' video. It features a teal border and a teal bar at the bottom. The text 'PPE Question of the Week' is at the top left. The main title 'Wearing is Caring: Masking Tips' is in large teal font, followed by 'Common questions about continuous masking' and a play button icon. On the right, there are three icons: gloves, a face mask, and a long-sleeved shirt. The bottom teal bar contains the text 'Rod Kaliel and Janet Barclay answer PPE question of the week.'

Verna's Weekly Video Message – Contact Tracing

Last week, we discussed AHS' COVID-19 assessment centres. This week's vlog is a bit of a follow up, and talks about a crucial next step when a COVID-19 test is positive: contact tracing. This is the process of figuring out all the people who've been in recent contact with someone who has a communicable disease.

Contact tracing helps ensure people who are infected are isolated to reduce the risk of them passing the virus along to others. Wide-scale testing and contact tracing are among our best tools to slow the spread of COVID-19.

[In this vlog, I, Verna, am joined by three guests who help us understand more about contact tracing:](#)

- Dr. David Strong, lead medical officer of health, Communicable Disease Control
- Maureen Rutz, a communicable disease control nurse and contact tracer
- Adam Bizuk, a clinical development nurse and also a contact tracer.

My guests talk about the importance of contact tracing and how they have traced tens of thousands of people connected with more than 11,000 cases in Alberta to date, and how contact tracing might look different as we head into the fall.



Taking Care of Your Mental Health

Keeping yourself mentally and physically healthy is one of the best ways to manage [stress](#) and anxiety. We know you may have a lot going on right now and may be dealing with challenges related to work, family and other personal issues. You may experience stressful scenarios affecting how you think, feel and react in different situations.

You can access i-Volve by calling 1-877-273-3134 or by visiting homeweb.ca or [e-AP](#).

Additional supports are also available at these links:

- [Resilience, Wellness and Mental Health Resource Guide](#)

- [EFAP Life Smart Coaching](#)
- [EFAP Counselling Services](#)
- [Health and Wellness](#)
- [Mental Wellness Moments](#)

Be Well - Be Kind

Sharing the Love: Thanking Our People

Thank you for [recognizing your team members and colleagues](#) as we continue to work together to respond to the needs of Albertans during this pandemic. We love how you share the love and appreciate each other.

Kudos to an OR Team

Special thanks this week to Mellissa for sharing this experience at one of our hospitals:

"I wanted to give kudos to some operating room staff I interacted with on Aug. 2. I am a neonatal intensive care registered nurse. I took my baby to the OR and sat in on part of their surgery. The staff was extremely welcoming: Dr. Saleh, Dr. Steel, the charge nurse Katie (who was so kind and nice), Holly, and the scrub nurse."

Wrapping Up

Although this week's update is brief, our efforts to stop the spread of COVID-19 are staying the course. Our diligence is needed as much as ever. Many of the challenges we've faced will continue and we expect new ones will emerge.

In the face of whatever the future of COVID-19 holds, we will remain steadfast in our support of your work to protect patients, families, co-workers and communities. We thank you for your patience as we head into our sixth month of the pandemic.

We don't know when it will end, but please be assured we will get through this together and are dedicated to helping you in every way we can.

As always, with gratitude and appreciation.

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 *****

Forwarded on behalf of the Provincial Indigenous Health Hub

This message and any attached documents are only for the use of the intended recipient(s), are confidential and may contain privileged information. Any unauthorized review, use, retransmission, or other disclosure is strictly prohibited. If you have received this message in error, please notify the sender immediately, and then delete the original message. Thank you.