



## **COVID 19 Update – August 1, 2020**

With the August 1<sup>st</sup> mandatory mask bylaw now in effect for Calgary, Epilepsy Association of Calgary continues to closely monitor its impact on the spread of COVID-19. At this point in time, our offices remain closed to visitor traffic as our configuration does not allow for safe social distancing between staff and guests or between guests for on-site program and service delivery in a group setting. While we remain hopeful that we will be able to re-open our in-person meetings and services in the coming weeks, there are still ways that you can safely access our programs and services while maintaining social distancing.

### **One on One Information and Support Services**

Support Services will continue to be delivered on-line and by telephone. Please note that we are a small staff here at EAC and summer vacations may affect wait times for a personal appointment during the month of August. To pre-schedule an appointment, please call the main line 403-230-2764 x 102 or email [info@epilepsycalgary.com](mailto:info@epilepsycalgary.com) for personal assistance. Subject to availability, appointments may be limited to 30 minutes at a time to ensure EAC is available to respond in a timely manner to everyone seeking support with epilepsy.

### **Adult and Parent Support Groups and Workshops**

All support groups and workshops will resume in September and will continue to be offered online/dial-in only. Participants can join via the web-based platform or phone. The fall schedule will be posted shortly on our website at <https://epilepsycalgary.com/support/support-groups/>. You can register to attend by emailing: [gina@epilepsycalgary.com](mailto:gina@epilepsycalgary.com) and you will receive the information to login or call into the support group. You can also follow us on Facebook or Instagram at Epilepsy Calgary to stay up to date on the dates and times that these programs are offered. Visit: <https://epilepsycalgary.com/support/support-groups/> or <https://epilepsycalgary.com/support/courses-and-seminars/> to browse upcoming dates and topics or to make a suggestion around topics you'd like to know more about.

### **Community Education**

Community education sessions for in-services and other community groups continue to be available through this time via online delivery. These may be booked by emailing: [education@calgaryepilepsy.com](mailto:education@calgaryepilepsy.com). Dates and times are limited so please be sure to reserve early.

### **Office Operations**

The Association's office is staffed 8:30 – 4:30 pm Monday – Friday, however because the office remains closed to visitor traffic (excepting deliveries and building and office support services), on-site volunteering continues to be suspended until further notice. If our office is closed and you would like to

receive assistance immediate assistance, please call 311 for government and non-emergency services, 211 for the distress centre and for help in finding an alternative service provider or in the event of an emergency, always call 911.

### **COVID-19 in Alberta**

COVID 19 symptoms may include fever, cough, difficulty breathing and may be mild to severe. Symptoms may take up to 14 days to appear following exposure. Anyone who feels they are at risk following contact with persons with persons who have tested positive for the virus or, or who are experiencing symptoms should contact Health Link 811 for instructions. Up to date information concerning Alberta's response to COVID-19 may be found at: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

### **Contact**

Any questions concerning EAC operations should be directed to: Laura Dickson, Executive Director [execdirector@epilepsycalgary.com](mailto:execdirector@epilepsycalgary.com) (403) 230-2764 x 101.