



COVID 19 Update – December 13, 2020 & the Holiday Season

With recently announced COVID-19 Provincial response and restrictions now in effect, Epilepsy Association of Calgary offices will remain closed to guests and visitors into the New Year. To reduce the potential for spread of the virus the following new precautions are in place:

- Reception services are available Monday to Friday during core hours 9 am – 3 pm by phone (403) 230-2764 x 102.
- Telephone messages may be left for other staff of the Association working off-site. These will be monitored during regular office hours and returned same day, where possible or the following business day.

The following information is provided to help guide access to services during December and the Holiday season.

Holiday Closures

EAC reception will be closed for the holidays December 24 at noon and re-open January 4 at 9 am. During this time, should you require assistance with basic needs (food, shelter, transportation), please contact Alberta Income Supports at 1-877-644-9992. If you are experiencing the need for immediate support for mental health concerns, please contact the Distress Centre at 211. For all emergencies, please call 911.

Staff and Volunteers of the Epilepsy Association of Calgary wish you a happy and healthy holiday season and look forward to connecting with you in the New Year.

One on One Information and Support Services

Support Services continue to be available on-line and by telephone. Please note that we are a small staff here at EAC which may affect wait times for a personal appointment. To pre-schedule an appointment, please call the main line 403-230-2764 x 102 or email 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 Peer Groups Supports and Workshops

Peer support groups will be placed on hold until the New Year. Please continue to check our website for calendar of upcoming dates and workshops at <https://epilepsycalgary.com/support/support-groups/> <https://epilepsycalgary.com/support/courses-and-seminars/>.

Follow us on Facebook and Instagram at Epilepsy Calgary to stay up to date on the dates and times that these programs are offered and learn about programs delivered virtually by other epilepsy associations

across Canada. These are offered free of charge but may require pre-registration to receive an invitation to login to the session.

If you are interested in volunteering to help lead a peer support group or to help someone as a peer mentor, please visit <https://epilepsycalgary.com/get-involved/volunteer/> to learn more.

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: info@epilepsycalgary.com. Dates and times are limited so please be sure to reserve early.

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>

COVID-19 and Epilepsy

While there is no evidence that the virus that causes COVID-19 can cause or worsen seizure activity, it is always best to take precautions to reduce the potential to exposure. Visit our [Carpe Diem Blog](#) to read tips about ways to take care of yourself, or a loved one with epilepsy during this time.

Contact

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