

## COVID-19 Response and Provincial Re-Opening Plans

The safety and well-being of staff, volunteers, our community, and people affected by epilepsy has been our highest priority since the beginning of the pandemic and continues to be at the forefront of our decision making. We continue to monitor and follow the recommendations of Provincial and Federal health officials in determining the need for precautions in our day-to-day work, planned public gatherings, and places where transmission may occur. These efforts are to ensure we do not contribute to the further community transmission of COVID-19 and its variants.

The pandemic has revealed that our current program space and facilities do not provide space for safe, social distancing. Accordingly, we have determined that all in-person meetings including support groups will continue to be postponed until such time as there is greater clarity around how to approach the risk that some persons are and will remain unprotected, and that mask wearing while encouraged is not required under the Provincial and City of Calgary's COVID response.

Rest assured, our programs and services remain accessible by phone. Please call (403) 230-2764 or visit [www.epilepsycalgary.com/support/support-programs-resources/](http://www.epilepsycalgary.com/support/support-programs-resources/) to find out more about how to access our individual and group supports. We look forward to re-introducing safely re-structured peer support program in the Fall of 2021.

The following resources continue to be recommended as a means of receiving the latest updates:

**Alberta Health Services:** <https://www.alberta.ca/coronavirus-info-for-albertans.aspx#toc-2>

**Government of Canada:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Remember, if you are experiencing symptoms such as cough, fever, fatigue, shortness of breath – self quarantine for the recommended period of 14 days and contact health link (811) for instructions.

On behalf of those who's lives are affected by epilepsy, thank you to all of our supporters for your generosity.

The following page provides some information and resources concerning Epilepsy and COVID-19.

## Epilepsy & COVID-19

It is understandable to feel anxious or worried about COVID-19. According to Alberta Health Services, the public threat from the coronavirus remains low. According to the Epilepsy Foundation of America: “preliminary information from countries where outbreaks have occurred suggests the risk of worsening seizures with COVID-19 appears to be low for most people with epilepsy”.

Emergency preparedness is part of life for all of us and being prepared is important. Whether it is a natural disaster, extreme weather conditions, or medical emergencies. Here are some epilepsy specific emergency preparedness strategies:

- Talk to your pharmacist first about creating an emergency supply of prescription medicines to have at home. Pharmacists in Calgary recommend having a 3-month supply of medication(s) if your insurance will cover 3 months at a time. Otherwise, be sure you always have a minimum of two-weeks supply (14 days).
- If you are going to need to refill or fill a new prescription in a few weeks, get it early so you don't run out.
- If you have been prescribed a rescue medication to take if you have a change in seizures, talk to your pharmacist about an emergency supply of this medication to have at home too.
- If you worried about medication shortage, call your pharmacy to find out about the supply and if there are unable to help you in accessing a suppl your medication(s) call your treating health care practitioner to discuss options (i.e. may need to substitute another medication for a short period).
- Keep your seizure response plan up to date and keep it in a place with a list of your medications, important documents, and a two-week supply of medication in a watertight bag or container.
- Keep your phone and any electronic devices charged you might need for medication reminders and contact information for family, health care providers, and emergency response.
- Continue to use your medication reminders so you take your medication(s) as prescribed and track your seizures.
- Talk about any questions or worries you may have with family, friends or by contacting the Epilepsy Association of Calgary. Added stress can affect seizures and your emotional well-being.

The following resources provide further information on Epilepsy and COVID-19:

**Epilepsy Foundation** (March 14, 2020): [Concerns About Coronavirus and Epilepsy](#)

**BC Epilepsy Society** (March 13, 2020): [Get Informed About COVID-19](#)