

COVID-19 UPDATES

Accelerating second doses

Effective immediately, every Albertan who received their first dose in April or earlier [can book a second dose](#) of COVID-19 vaccine through the [AHS booking site](#), by calling 811 or through [participating pharmacies](#) and physician clinics. They do not need to wait to be contacted by a provider.

Those who received a first dose of AstraZeneca in April or earlier can either:

- Book a second appointment for AstraZeneca via the AHS booking site, by calling 811 or by going to a participating pharmacy
- Book a second appointment for an mRNA vaccine through participating pharmacies or AHS

The minimum recommended interval between first and second doses of AstraZeneca is eight weeks. For mRNA vaccines, the minimum recommended interval is three to four weeks.

Albertans vaccinated in May can begin booking their second dose starting Monday, June 28. The province will further accelerate second doses if supply allows.

Albertans vaccinated outside of the province can also now register their [vaccination with AHS](#) so:

- They can get a second dose
- Alberta has accurate data on immunizations

Alberta entered [Stage 2](#) of its reopening plan on Thursday, June 10. The threshold to begin Stage 3 is two weeks after 70 per cent of eligible Albertans have received at least one dose; 67 per cent had received one dose as of Thursday, June 10.

Calgary Zone webinar recording

Watch the two-hour Calgary Zone PCN [webinar recording](#) with a special focus on mental health from Monday, June 7.

Webinar topics, presentation slides and links to the start of each presentation in the recording:

- Ten practical tips for helping patients with insomnia by Dr. Margie Oakander and Dr. Charles Samuels (skip to [5:33](#))

- Exploring gender identity: An approach to trans health in primary care by Dr. Ted Jablonski ([slides](#); skip to [36:15](#))
- Dialectical Behavioural Therapy for primary care by Dr. Amanda Berg, Dr. Elaine Bland and Dr. Rick Ward ([slides](#); skip to [1:07:22](#))
- A family practice perspective on COVID-19 by Dr. Christine Luelo ([slides](#); skip to [1:29:52](#))
- Panel discussion by all (skip to [1:45:47](#))
- Physician Q&A [document](#)

Specialist LINK also has [videos](#) from a two-part virtual course organized by Calgary and area PCNs to support physicians to learn how to use DBT skills and strategies in a primary care setting. The course was made possible through a Calgary Zone grant from Alberta Health, the Addiction and Mental Health Fund.

Post-COVID-19 education classes

The Alberta Healthy Living Program - Calgary Zone is launching five free online courses in July for adults with ongoing COVID-19 symptoms:

- Eating after COVID-19
- Managing Breathing and Sleep
- Managing Daily Life
- Managing Pain and Getting Active
- Managing Stress

Anyone 18 and over in Alberta can self-register for the courses starting Monday, June 14 [online](#) or by phoning the call centre at 403-943-2584. Eligible individuals can register for any course or combination of courses in any order.

Physiotherapists, kinesiologists, occupational therapists, social workers, dietitians and respiratory therapists will facilitate the courses and offer tips and advice to help participants improve their recovery and quality of life.

Current non-COVID-19 courses in the Calgary Zone are listed in their June [e-newsletter](#).

Variant contact tracing update

Contact tracers have restarted making second follow-up calls to cases with variants of concern other than the B.1.1.7, which was first identified in the U.K. and is the dominant strain in Alberta.

There is an opportunity for more aggressive containment of lower-volume variants of concern, specifically:

- P.1 (Brazil)
- B.1.351 (South Africa)
- B.1.617 (India)

With the lab screening all positive COVID-19 cases for the variants, the second call will allow AHS to do a more in-depth investigation to determine where the exposure may have occurred.

Drop-in clinic immunizes over 2,000

More than 2,000 Albertans were immunized last weekend at an innovative drop-in COVID-19 vaccination clinic at a hockey rink in northeast Calgary.

A total of 2,280 people received a first dose of Pfizer at Village Square Leisure Centre over two days — an average of 119 doses per hour over two days.

“I’m thrilled and exhausted, but mostly just thrilled,” said Dr. Annalee Coakley of Mosaic Primary Care Network, who worked long days as medical lead for the clinic, alongside more than 200 staff and volunteers. “This is 2,000 people who hadn’t been vaccinated and the feedback from many was that they wouldn’t have been vaccinated had it not been for this (clinic).”

The clinic, which ran from 8 a.m. to 10 p.m. Saturday and Sunday, was the result of a collaboration between the Calgary East Newcomers Collaborative, Calgary Catholic Immigration Society, community family physicians, Mosaic PCN, Alberta Health Services, the City of Calgary, the University of Calgary and the Alberta Government.

It will not be held again this weekend, but organizers are discussing other ways to remove access barriers and increase uptake.

A three-day, first-dose drop-in vaccination [blitz](#) was held at the Telus Convention Centre earlier this week, while a [drive-in clinic](#) was also opened in the northeast.

Quick links

Immunization and pregnancy fact sheet

AHS updated its COVID-19 immunization in pregnancy [fact sheet](#) for practitioners, with additional consensus statements from the Society of Obstetricians and Gynaecologists of Canada and updated key messages and scientific evidence.

COVID-19 rehabilitation guidelines

AHS has updated [guidelines](#) for allied health practice to assist clinicians in treating post-COVID-19 patients. It works well in tandem with a great [resource](#) for self-management for patients.

Moral dilemmas webinar

On Wednesday, June 23 at 7 p.m., the Alberta Medical Association is hosting a 90-minute webinar, *Moral Dilemmas: Reflecting on Physicians' Experiences and Approaches*, to consider moral dilemmas faced by physicians, discuss them as a construct with a panel of experts and learn approaches for dealing with them. [Register](#).

Long COVID webinar

On Wednesday, June 30 at noon, AHS is hosting a one-hour webinar on their efforts to meet the challenge of long COVID and available resources. It is open to clinicians with interest in long COVID, including those in primary care and continuing care. [Register](#).