

## **JOINT STATEMENT ISSUED BY THE FAMILY PHYSICIANS OF HURON-PERTH**

To all our patients and the citizens of Huron-Perth,

There is no doubt that NOW is the time for all of us to do our part to curb the spread of COVID-19. We now have community spread of the virus within Canada and time is of the essence for implementing changes to “flatten the curve” before this pandemic overwhelms our healthcare system. As the physicians who have dedicated their careers and their lives to keeping you healthy, PLEASE heed our advice.

The time is now to **STAY AT HOME WITH YOUR IMMEDIATE FAMILY.**

### **Do NOT:**

- Attend playdates with friends off from school – try virtual playdates!
- Go to crowded places (eg. Malls, movie theatres)
- Go to movie theatres
- Have family or social gatherings such as dinner parties – use technology to keep up with friends and family!
- Attend Music lessons (unless they are virtual)
- Attend Athletic events with large groups
- Attend club events

**Please, do what you can to AVOID contact with people outside of your immediate family as much as possible.** Work from home. If needed, take vacation days and stay at home – do what you must to isolate in your home. Keep trips to the grocery store short, and only send one family member.

**For local business owners, we fully appreciate that temporarily closing your business will be of great hardship for you.**

- For those of you who own restaurants/bars: we thank you for continuing to provide take-out/delivery options only, as per our provincial mandate
- For those of you in other industries: please consider closing to protect the health of your staff and their loved ones; If you are not able to close, please do everything you can to keep your businesses disinfected and to minimize interactions between your staff.
- For those of you who choose to remain open, or who are considered an essential service, please do NOT request “sick notes” from your employees. In the coming weeks the physicians in our community will be “on duty” 24/7 and may not be able to provide these notes. If you are asked to provide a sick note, please note that the Ontario government has introduced legislation that will eliminate the need to provide a sick note during the COVID-19 outbreak.

**If you have travelled ANYWHERE OUTSIDE OF CANADA, please SELF-ISOLATE FOR 14 DAYS, WHETHER YOU HAVE SYMPTOMS OR NOT.** If you develop symptoms after your return home you must self-isolate for a minimum of 14 days from the time of your return, or until 24 hours AFTER your symptoms have resolved, WHICHEVER IS LONGER. For the majority of people who develop a fever and/or new or worsening cough after returning to Canada from international travel, testing is no longer recommended. You are simply asked to stay home and self-isolate. For information on how to self-isolate, go to: <https://www.hpph.ca/en/about-us/covid-19-response-resources.aspx>.

Monitor yourself for symptoms while you are in self-isolation. For information on self-monitoring, please go to: <https://www.hpph.ca/en/about-us/covid-19-response-resources.aspx>.

If you develop a fever, new or worse cough, or shortness of breath please access the “Self-Assessment Tool” created by the Ontario Ministry of Health. This tool can be found at: <https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>. Mild symptoms can be treated at home with rest, fluids and acetaminophen. You may also call your family physician’s office, Ontario Telehealth (1-866-797-0000) or your local Public Health Unit (Huron Perth Public Health 1-888-221-2133).

## **CHANGES TO OFFICE PROCEDURES**

You may be asked to reschedule appointments with your family physician and to change how you access care. These changes may include having appointments by telephone or on-line/virtually. **Please be flexible.** Take confidence in the fact that all changes implemented are done so with the sole intent of protecting you, the patient, and our community from COVID-19.

The physicians of Huron-Perth have issued this statement. In coordination, we are hoping to spread the message broadly. This is not one physician advising. **This is your body of health care expertise begging you to heed our warning. STAY HOME** so that we can give our healthcare system a fighting chance through what will undoubtedly be its biggest challenge ever.

Thank you and please, stay safe and keep yourselves, and the rest of us, healthy.

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