

Hi everyone,

Just wanted to thank you all for your patience and perseverance amongst the pandemic anxiety.

Here are some thoughts I would like to share with our community members.

COVID-19, thoughts as of March 15 AM:

1. Do you have ANY of cough/cold/runny nose/fever/sore throat? Stay home.
  - Do not go to a medical clinic, emergency room or urgent care, unless you are severely ill - and if you do need to go, call before entry into the facility or have a family member come in.
  - Definitely do not go to any public place.
  - Do the AHS self-assessment tool for next steps - <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
  - If the tool says you do not need to be tested, you MUST STILL STAY HOME. COVID-19 can cause very mild symptoms, and even though you most likely do not have COVID-19, a single case of community spread can cause a widespread outbreak.
  - Schools in Alberta are only still open because they need to have a ZERO TOLERANCE policy for kids coming with any symptoms. If you see your classmates/students/colleagues cough something, SAY SOMETHING. Politely tell them or the appropriate person that they must go home.
  - We healthcare workers are calling on you TEACHERS & school workers to be our eyes and our ears and send those kids home.
2. The response by Public Health leadership and Dr. Deena Hinshaw in Alberta has been nothing short of exceptional. Please do EXACTLY what they say. Alberta is one of the top areas in the WORLD for the number of tests being done right now, per capita.
3. I cannot repeat this enough, social distancing is key - cancel everything where you will be within 2 metres of other people, except work. You need to do this NOW.
4. Remember, if our containment measures work, we will continue to see COVID-19 cases rise, hopefully slowly, and it will look like we all over-reacted. That's the goal.
5. If you have travelled outside Canada and returned on March 12 or later, strictly isolate yourself at home for 14 days even if you have ZERO symptoms. Do NOT go shopping etc on your way home. Have someone else help you with that.
8. To my health care friends: we're in this together. Organize in local groups, share what you're doing with others and learn to change this plan daily. Stay ahead of public health and AHS recommendations, they may be days behind where the frontline needs to be.

\*\*inspired by post from my great rural and urban colleagues

Stay safe!

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