

Dr. Jensen & Dr. Wilson's COVID-19 Update

April 5, 2020

Who Will We Be in COVID-19?

The powerful graphic below has been circulating this week, reminding us all that we can choose who we will be in COVID-19. Uxbridge, let's choose to not give into fear, but to **learn** and to **grow**. We can and we will beat coronavirus together. Each of us has a part to play in this whole-community effort. Join us!

LEARN How to Protect Yourself

Last week, Dr. David Price, an intensive care doctor from New York City [delivered a message of empowerment](#) to those who are afraid of catching this disease: **If you know the rules and follow the rules, you won't get sick.**



These rules are simple to learn. Let's tackle them one at a time.

Rule 1: Don't Touch Your Face

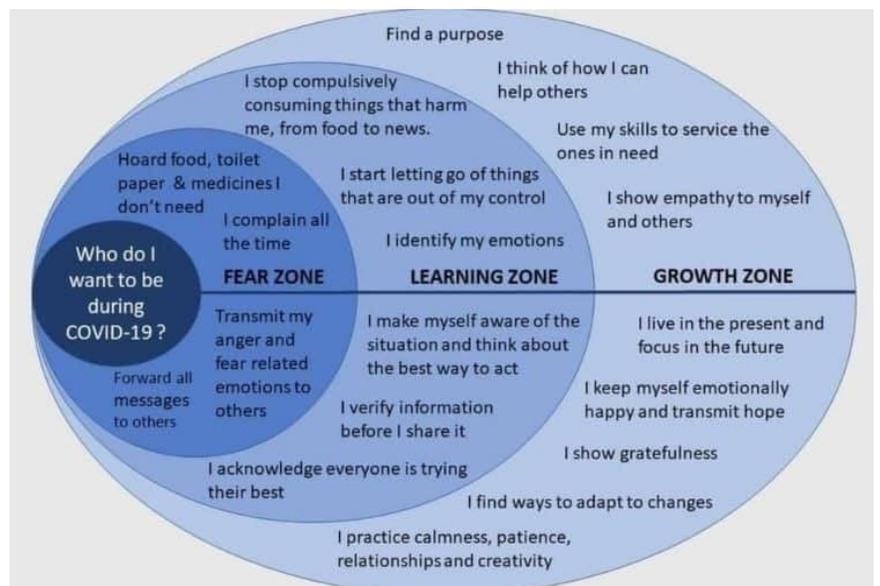
Wearing a mask may remind you not to touch your face and may also prevent YOU from spreading to others if you are unknowingly carrying the virus. Don't give a mask to a child who may want to adjust it all of the time or an older person with dementia. Use a simple hand-sewn mask, scarf, or bandana that does not need to be frequently adjusted.

Rule 2: Wash Your Hands

This will save lives. Wash your hands every time you touch any surface outside of your home and upon re-entering your home, and you will keep yourself and your home safe. Washing is better than wearing gloves, because the virus can live and spread easily on those.

Rule 3: Keep Your distance

We know that coronavirus spreads mostly through the droplets that are generated from someone's mouth and it extends around 2m (6') from the person. It is not airborne for longer than a few seconds, so it is unlikely that you will breathe it in unless you are close to someone for more than 15 minutes. Stay 2m (6') away from people when you are outside of your home.



“Coronavirus is a wimp,” says Dr. Price. “It dies as soon as you disinfect it.”

LEARN When and How to Get Help

- Call your family doctor first. If you can't reach them, call 905-852-1009 from 9:00am - 8:00pm to book a phone appointment.
- Our pediatrician Dr. Mohile is welcoming all pediatric patients during her virtual pediatric clinics on Monday, Wednesday and Friday mornings by calling 905-852-1009. If you are concerned about your child, don't delay; please call.
- Safe processes are in place for prenatal appointments and children's immunizations; don't delay.
- Use our ER for accidents and emergencies only.

GROW Our Community's Readiness to Care

A team of leaders in our community have been intensively planning with our Township for how we could help support our hospital if there are more COVID-19 cases than our health system can handle. As part of our preparations we are now calling all health professionals, medical volunteers, and other volunteers to [register with us](#) so that we can create a list of people who will be ready to serve should it be needed.

GROW by Serving

- If you are a **health care professional** in overall good health who is willing to serve, [please register with us](#).
- If you are a **medical volunteer** (for example, a PSW, dentist, firefighter, physio) who is in overall good health, under the age of 60, and willing to serve, [please register with us](#).
- If you are a **non-medical volunteer** in overall good health, under the age of 60, and willing to serve, [please register with us](#).

GROW by Making Masks

Volunteers in our community are making hand-made masks for our seniors and volunteers. If you would like to join, [sign up now](#).

GROW by Donating Personal Protective Equipment (PPE)

We are collecting personal protective equipment (PPE) at St. Paul's Leaskdale Church. Protective masks or suits used for other industries can be helpful. You can [find details online](#) or call 905-852-8584 with questions.

From the start of this pandemic, our community and our leaders have not been acting out of a place of fear, but have been committed to learning and growing in order to meet the challenge of COVID-19. Let's keep stretching, thinking outside of the box, and commit to bringing our best selves to this effort.

Carlye & Jennifer

Dr. Carlye Jensen is the Chief of Uxbridge Cottage Hospital

Dr. Jennifer Wilson is the President of Uxbridge Health Centre

Links

Dr. Price's message: <https://www.youtube.com/watch?v=Qwx3JMRTz8U>

Learn more and join our community response: <https://saintpauls.ca/covid-response/>

Image credit: <https://blauberg.com/wp-content/uploads/2020/04/CIRCLE-COVID-19-Safety-Health.pdf>

(Author unknown)