



To our Patients – Together, Let’s Remain Vigilant Against COVID-19 Infection!

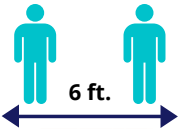
Living through this pandemic is unnerving and challenging for all of us. And with some pandemic ‘fatigue’ now setting in, Ontario may experience a rise in COVID-19 cases.

As Ontario’s family doctors, we’re doing everything we can to keep you safe in our offices. Please do everything you can to keep yourself and others safe too.

These actions remain the best lines of defense against infection:



- Wear a face covering (non-medical mask such as a cloth mask) when in indoor public spaces, and outdoors when physical distancing is not possible.



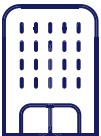
- Avoid close contact with others outside of your household or social circle.



- Wash your hands often during the day and keep them away from your face.



- Use your upper sleeve/arm to sneeze (if no tissue).



- If you’re worried you have COVID-19 or have been exposed to it, get tested – even if you don’t have any symptoms. Find an assessment centre near you.

Until a vaccine is available, let’s all do our part to keep each other safe.