



MEDIA RELEASE

April 7, 2020

TAKING THINGS ONE DAY AT A TIME

As the COVID-19 pandemic continues, we are pleased to share some valuable advice from Dr. Marcia Spooner, Chief of Emergency:

Covid-19, Pandemic, Social Distancing, Self-Isolating, Quarantine, #stayhome, #flattenthecurve, #savelives... All of these words are new to everyone - yet are now likely the most common dialogue spoken and heard in our households.

The entire staff at the Carleton Place District and Memorial Hospital is working tirelessly to keep our community safe and protected. We have implemented new protocols and procedures at CPDMH to assure you and your loved ones continue to receive the highest standard of care while protecting your health.

In this time of uncertainty and anticipatory worry, it can be extremely challenging not to feel overwhelmed and scared. We recommend trying to take this “one day at a time” and attempt to focus on the “here and the now”. What will today bring? Shift our mindsets to focus on our families, friends and loved ones and find the joy in the unexpected additional time we get to spend with one another.

The support and heartfelt words of my patients thanking us as front-line health care workers has been overwhelming; a true sentiment and the reason I chose to work in Carleton Place years ago. This community is strong and incredibly connected. It is indeed a special place.

As community-based physicians we see patients both in our office and at the hospital. I assure you this has not changed. We are all still here with you through this. Albeit, there has been alterations of our practice to virtual clinics, phone calls, video chats, and telehealth communication.

As for COVID-19, our most at-risk population are the elderly, people with additional medical conditions, people on medications lowering their immunity, and the list goes on. This virus does not discriminate. We are all at risk of exposure and contracting the virus. For many of us it is something like a typical cold or flu and we recover as we do with the myriad of viruses, we face every day. However, the challenge is keeping our loved ones who are most at risk from contracting the virus to begin with as they could potentially become critically ill.

What can we do as a community? Please continue to practice social distancing and self-isolation. This has been proven to help stop the spread of this virus and to “flatten the curve”, meaning gives us a chance at less and less people being exposed and contracting the virus.

The best way to protect the health care workers is to provide them with the vital resources they need. These include masks, face shields, gloves and isolation gowns. We are all here for you each day as we step into the front line, essentially in harm's way. I ask that if you are able to donate to our hospital, we will gladly accept your generosity. Please email Angie Kelly at akelly@carletonplacehosp.com or visit our COVID-19 donations page at www.cpdmh.ca/COVID-19Donations.

Take care of one another and please, stay safe.

For the latest updates on COVID-19, please visit the Leeds, Grenville and Lanark District Health Unit website at www.healthunit.org. For the latest updates from CPDMH, please visit www.cpdmh.ca/coronavirus.

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