



# UNNERVED BY COVID-19?

As Ontario's family doctors, we're here for our patients. Let's all do our part to help control the spread. **TAKE THE FOLLOWING ACTIONS:**



## TURN TO TELEMEDICINE

Many family doctors can now meet with you by **phone, email or video**.



## EMBRACE YOUR HOME BASE

Stay home if you have mild respiratory symptoms. Most people will get better on their own at home.



## REMAIN CLOSE ...FROM A DISTANCE

Use virtual means to connect with friends and loved ones.



## DON'T FRET IF NO TEST

Not everyone needs a COVID-19 test. *Again, most get better on their own.*

## USE SOAP AND SLEEVES

- **Wash** your hands.
- **Sneeze** into a tissue or your upper sleeve.
- **Don't** touch your face.



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**HERE ARE STEPS WE CAN ALL TAKE TO PUSH BACK AGAINST COVID-19.**

*Let's slow down the spread of this virus, and get through this together.*

## **1. TURN TO TELEMEDICINE**

Family doctors can provide safe care that may not need an office visit, and we are encouraging our patients to call or see us virtually. That way we can keep you safe, other patients safe, and keep our office staff healthy. If we have concerns, we'll make sure you get the care you need.

## **2. EMBRACE YOUR HOME BASE**

Family doctors want to do everything possible to support our patients—one key way we'll do that is by telling those with mild symptoms to stay home. Experience to date is showing us that most people will get better on their own.

## **3. REMAIN CLOSE... FROM A DISTANCE**

If we're going to slow down the spread of this virus, all of us need to avoid gatherings or large groups. Social distancing can be difficult and unsettling—so let's make use of phone, email or facetime to connect with friends and loved ones in virtual ways. There's no need to panic but there is a need to be smart about our social interaction right now and follow the advice of public health.

## **4. DON'T FRET IF NO TEST**

Not everyone needs a COVID-19 test. Assessment centres are opening to assess patients who are sick and may require testing, such as those with fever and/or new or worsening cough or difficulty breathing, or over age 60. What's become evident so far is that most people will get better on their own.

## **5. USE SOAP AND SLEEVES**

Proper hand-washing and using your upper sleeve to sneeze (if no tissue), and keeping your hands away from your face, are still the best lines of defense against infection.

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