

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

March 23/20

## We Are Honoured

Right now we don't need to tell you more about COVID-19. You know that you need to stay home; you know that now is the time for us to take the most intensive action to combat this virus; and you know that our lives, our community, and our world are going to change.

We **do** need to tell you how honoured we feel.

### Honoured to live here

It is an honour to live in this community with you. You have our deepest gratitude for all that you have done and are doing to prepare for COVID-19. We are moved by all of the gestures of help that you are giving to those around you as you use your gifts and your skills to help others.



### Honoured to advise here

It has been a great honour for us to advise individuals, patients, community groups, business owners, and our town Council. Working with each of you has demonstrated yet again what a unique and exceptional group of people choose to call this community their home. We have witnessed nothing but a deep concern for our greater good and unwavering support for our health care workers and support staff. You make us braver.

### Honoured to care here

On behalf of the entire health care community, we want you to know we are honoured to care for you. The upcoming weeks will not be easy—but we are here, and we are engaged, and we are preparing as best we can with the resources we have. We will surround you with care.

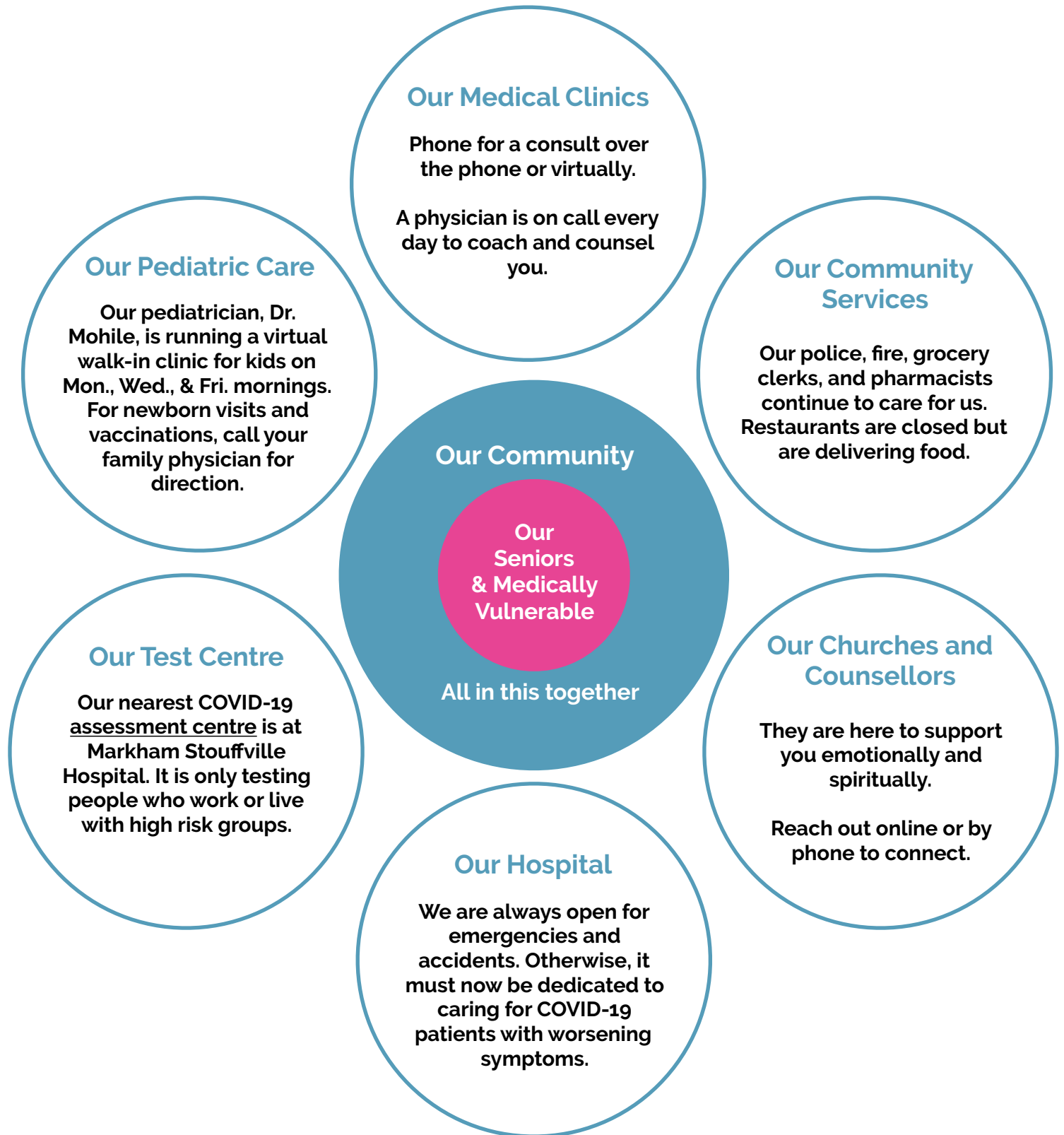
## Let's Do This Together

Uxbridge, let's continue to come together, protect one another, and encourage one another. We have enjoyed hearing about the creative ways that you are doing this!

- The organizers of our food bank completely changed their venue and adopted a new process to allow for patrons to practice safe social distancing and to reduce risk for workers.
- Small businesses are helping by transitioning to drive-through or delivery only and by having specific store hours only for seniors.
- Families are placing fun messages or pictures in their windows and encouraging kids to look for these as they go for walks.
- UxRocks is painting colourful rocks and leaving them around the community to be discovered (but not touched or moved).

Let's keep surrounding each other with care.

# Surrounded By Care



If you experience mild to moderate symptoms of COVID-19: self-isolate, drink lots of fluids, and rest.  
If you experience severe symptoms of COVID-19: go to the hospital ER. Call ahead if possible.