

# COVID-19 UPDATE & CLINIC CLOSURE

To comply with the evolving situation regarding COVID-19, the OHG is taking steps as best we can to reduce community spread and the chance of infection for our patients.

This means for non-essential medical care including our community-based practice we will be closing the clinic for in-person visits effective today. The clinic will remain closed for this coming week, and, in all likelihood the following week as well. We will post news updates as this evolves.

For consults with one of our Chiropractors, Physiotherapists or Massage therapists, we will be switching to phone or email consults wherever possible to provide ongoing support without the need to come to the clinic in person. In cases of emergency or acute care need, please reach out to us via email. If you are requiring any natural health products or supplements you can consider using the online dispensary – Metagenics - available to our patients through the clinic.

**In cases of emergency or acute care** please contact us immediately by email or telephone and we will respond to your needs.

For anyone who has returned home from abroad (including the USA) with or without symptoms, we recommend self-isolation at home for the **recommended 14 days**. For those who have not travelled, and are experiencing mild symptoms including fever, cough, shortness of breath, or sore throat please check with **Ottawa Public Health** [www.ottawapublichealth.ca](http://www.ottawapublichealth.ca) to determine whether or not testing or a trip to the hospital is required based on severity.

Please apply a principle of social distancing and avoidance of any gathering where infectious exposures and transmission are more likely. We do not see the OHG as a location likely for transmission and exposure, but we also need to recognize now that anywhere in the community is possible for transmission. We are acutely aware of the immune compromised and fragile health for some of our patients and are committed to doing everything we can to protect them.

For all of our patients who are older than 65, and who have an underlying situation or condition that puts you at higher risk (e.g. having chemotherapy, reduced lung function, cardiovascular disease, hypertension, diabetes, asthma or taking immune suppressing medications) please be extra, extra vigilant. Ensure that you keep a healthy distance from people, limit the number of people that come into your home and practice all the measures of hygiene you can to protect yourself.

For personal care, please see some of the strategies we are recommending to help support you at this time:

- Try to keep anxiety low; we must act seriously and do what we can for ourselves and for others, but recognize that in most cases this is often a mild infection and the majority of people will be fine. In knowing this, try to practice things that give you

peace and calm. This could include reading a book, going for a walk, doing some exercises, talking with a friend over the phone, online assisted yoga, listening to music, whatever it is that helps. Tuning in to social media and the news may in fact be best left to short bouts of time when necessary.

- For supporting a robust healthy immune system, make a point to get some fresh air and try to keep stress down. Also, it is more important than ever to get rest and a good night's sleep.
- Eat well with plenty of fresh vegetables and fruit. Nutrients from onions, garlic, blueberries, raspberries, broccoli, ginger, sprouts, chives, cinnamon, celery, green tea and many other foods of colour are all good for you and provide added support to your immune system. Avoid all simple sugars and refined foods if possible.
- Stay well hydrated, getting plenty of fluids.

**Please note, this is all subject to change and we'll be communicating through our e-newsletter and social media as things evolve.**

This is the time to be proactive: re-evaluate your current health habits and take a common-sense approach to your health.

With these strategies, you have the power to support and maintain a strong immune system and become a healthier version of yourself.

We will be posting health and wellness blogs to ensure you have the latest recommendations.

With meticulous compliance to public health guidelines and all of us acting together for the good of our community and health care system, we will get through this. We're all in this together to ensure the health and well-being of our community.

Thank you for your time, your patience and your understanding and we look forward to continuing to be of service to you.

Yours in Health,

Dr. Mark deGruchy

**Excerpt from Andre Picard's Globe and Mail article today.**

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Fred Rogers, aka Mr. Rogers

In these pandemic times, where each new headline is more frightening than the last, when life as we know it seems to be crumbling beneath our feet, when anxiety levels seem to be reaching Xanax-proof levels, we need a lot more Mr. Rogers.

It's okay to be scared, or unsure in uncertain times. Look to the helpers. We are here to be your helpers.