

Dear Fellow Sunshine Coast Residents:

This past week has reminded us that COVID-19 is not the only challenge we are facing right now. With large protests across North America, we see people risking their health to stand against historic and ongoing systemic issues, and to speak up for everyone's right to have a voice and to be treated equally and fairly, regardless of skin colour or place of origin.

While we strongly support peaceful efforts to advocate for justice and equality, we would encourage anyone planning to attend protests to continue to take every precaution against COVID-19. Please avoid indoor gatherings and maintain physical distancing as much as possible. Wash your hands frequently and we would advise wearing a mask if you can't be certain about maintaining physical distancing.

If you do develop new [cold or flu symptoms](#) please stay home and [self-isolate](#) so that you don't put others at risk. If you have mild to moderate symptoms, please call your family doctor or the Respiratory Assessment Clinic (Monday to Friday from 8:30 AM to 3:30 PM) to arrange for further assessment.

The Respiratory Assessment Clinic can be reached by phone or text at 604-740-1252 or by email at coastrespclinic@gmail.com. We are currently testing everyone with possible COVID-19 symptoms, so please do not hesitate to call if you become ill.

If you have more severe symptoms and believe you may need to be admitted to hospital, please proceed to the Sechelt Hospital Emergency Department for further assessment. If you need an ambulance, please call 911. Please note that the Emergency Department remains open and safe for all patients with a medical emergency.

With respect to non-emergent health issues unrelated to COVID-19, our local medical clinics remain open Monday to Friday, with walk-in services available through the Gibsons Medical Clinic from Monday to Saturday. In order to provide as safe an environment as possible for both patients and staff, the majority of care will continue to be provided virtually, either by phone or by video call. Please note that all family medical clinics on the Coast are currently seeing patients who do not have a local family doctor, so do not hesitate to call your nearest family medical clinic if you need medical care.

If you have a medical issue that requires a physical assessment, an in-person appointment will be arranged with your family doctor or another doctor at the clinic. Please note that due to social distancing recommendations, you will need to check in by phone when you arrive at the clinic and will have to wait in your vehicle until your doctor is ready to see you.

If you do not have a mobile phone, please inform the receptionist when booking your appointment and alternate arrangements will be made. Please do not knock on the clinic door, as we are trying to minimize contact that could potentially transmit COVID-19 infection.

As we head toward another weekend during these challenging times, we would encourage all of you to look for ways to build our community into something even better. Treat those around you with respect, empathy and kindness. Do something good for someone else, even if, or especially if, there has been conflict or disagreement in the past. Hopefully we can learn from the painful lessons of our collective past and work together towards a place that honors the best in all of us.

Please check the [Coast Reporter](#) and [The Local Weekly](#) regularly for updates on COVID-19 in our community. As local parks, programs and facilities continue opening up, please visit the [SCRD](#) and the [District of Sechelt](#) websites for updates.

Keep well, stay local, wash your hands, keep your distance, and please keep doing everything you can to keep our community safe!

Sincerely,

The Sunshine Coast COVID Physician Task Force

- Dr Jennifer Baxter
- Dr Ted Krickan
- Dr Herman Mentz
- Dr Brian Nelson
- Dr Daren Spithoff