

March 26, 2020

To the residents of our community,

We are truly fortunate to live in the community of Mission. The Doctor's offices, the city of Mission, and Fraser Health have come together to ensure that the residents of Mission are provided the best possible health care services during the COVID-19 emergency. We are humbled by the response of our Family Physicians, nurses, health care workers, pharmacies, and the district of Mission, our Mayor and her office who have all stepped up to give their time and energy to keep Mission residents safe.

Dr Welsh said it best, "Now is the time for the Mission community to keep ourselves and the essential services safe. We are in the middle of a 'fire storm' where the only way for this to be controlled is by denying the 'fire fuel'. We cannot put this 'fire storm' out without the help of the community of Mission. We need to build 'fire breaks' and we need to deny the 'fire fuel'". This we do by following the advice of the BC Chief Medical Officer.

This can change. As of 23 March, is as follows:

Social distancing: We need you to stay 2 meters [6 foot apart] the width of a car from all social contacts.

Self quarantine: We need you to stay at home and self isolate/quarantine for 14 days if you have any symptoms suggestive of a cold and flu. This can be managed like any other cold and flu. You do not need testing for COVID-19 if you have cough and cold symptoms only.

You are returning to Canada from any other country.

Self-isolation for elderly and vulnerable: Anybody over the age of 70, or people with multiple medical conditions; especially those with diabetes COPD and heart disease, should self isolate until further notice. This is likely to be over more than 2 or 3 months. Self-isolation means not going to the shops, not going out, and not having physical contact with others.

Please contact a family member or a neighbour who needs to self isolate and offer to help them with shopping etc. Remember to leave these groceries items at the door.

Wash your hands often. Stay at home. Do these things with your household members or alone. Stop meeting in groups. This is very important for you and our community. We sometimes see you out in the park. You can get sick from the virus. More importantly, you can be carriers and cause a lot of harm to your parents, elders, grandparents, and other loved ones. Spend time only with those you live in the same house with.

The Family Physician offices in Mission will continue to provide services throughout this crisis although the way we provide the services has changed. The Physician offices are your first place to call for healthcare. The majority of services will be provided through telephone or telemedicine links. Your Family Physician may need individuals to come in for physical assessment where necessary. If you are offered an in-person appointment, then we would ask that you stay in your car and call the office on arrival and you will be given instructions when you can go straight into the doctor's office at your appointment time.

In this unprecedented time, we are working hard and the community can help by choosing to stay home and social distance in efforts to reduce transmission. The time is now.

Management of COVID-19

Mild symptoms of a cold or flu does not need medical intervention. It is important that you self-isolate for 14 days and treated yourself with Tylenol and fluids.

If you have worsening symptoms such as a fever over 38c, persistent cough [that is coughing with every breath], shortness of breath, then you should call your doctor's office or visit the Mission Covid Response Website (<http://www.missioncovidresponse.com>). Do not attend the doctor's office or go to the emergency room. If your symptoms are severe enough and you have contacted the doctor's office or completed the assessment online, then you will be invited to the COVID-19 assessment facility. This facility is for assessment only and is to determine whether people need to be admitted to hospital and only people with a prearranged appointment will be seen.

There is no specific treatment for COVID-19, all treatments are supportive whether it is Tylenol and fluids at home or oxygen and ventilation in the hospital. 80% of people, that is 8 out of 10 people, will have mild disease and will only require self quarantine at home for 14 days.

We would like to thank all Mission residents for their understanding of the importance of following the advice of Dr. Bonnie Henry, BC's Chief Medical Officer, as only by putting in the 'fire breaks' of social distancing and self-isolation [staying home] can we stop the spread of COVID-19. We would like to give special thanks to all the volunteers and front-line workers, not only the doctors and nurses, but all those from Mission city, the fire service and the health workers support staff that are all working to keep us in Mission safe.

Read more about COVID-19 [HERE](#).

We can do this, but we can't wait one more hour or one more day. Let's save lives, together.

On behalf of our communities,

Mission Division of Family Practice

Dr. Lawrence Welsh (Family Practitioner/ Medical Director of the Mission COVID-19 Assessment Site)

Dr. Carol Pomeroy (Family Practitioner / Chair of the Mission Division of Family Practice)

Shona Brown (Executive Director of the Mission Division of Family Practice)

Community Supports

District of Mission

Mission Senior Centre

BC Ambulance

Mission RCMP

Mission Fire Rescue Service

Mission Parks, Recreation, and Culture

Health Authority Partner