

March 22, 2020: An Urgent Request to Residents of British Columbia

From the Providence Health Care Medical Staff Association and Medical Staff colleagues from across BC (hospital physicians, surgeons and other medical staff)

By now you've heard direction from our Provincial Health Officer Dr. Bonnie Henry, Health Minister Adrian Dix and Vancouver Mayor Kennedy Stewart about how to protect ourselves and our communities during the COVID-19 pandemic. Among other measures, these experts have urged everyone to practice social and physical distancing in an effort to slow the spread of this virus. Many of you are already adhering to these recommendations.

But many of you are not.

We've all heard stories in the last few days of groups of people gathering at parties, basketball games and beaches, despite the urging of officials to stay at home. Perhaps some people do not believe they will become sick, or don't understand that they can carry and spread the virus to more compromised members of our society. This lack of action will cost lives. Please trust the experts and stay home.

We are BC's Medical Staff. We are at the front line of this fight. We fear an influx of patients that the system cannot handle. We fear for our patients and the need to make decisions about who will get the necessary equipment to survive. We fear for our own safety and the safety of our families.

**We are telling all residents of BC what we have been telling those we love for a week:
STAY HOME. RESTRICT CONTACT WITH OTHER PEOPLE.**

Follow the protocols. Start now while we still have a chance to slow down this terrible disease.

To our government: if you decide to take stricter measures to enforce these rules, we are on your side. What's good for our entire community must be prioritized.

To our residents: This is a threat that hopefully comes along only once in a lifetime. We are asking every resident in every community to do their part to help us stop this virus. When we look back on this unprecedented time in our history, how did you act?

7 Pages of BC medical staff signatures to this letter follow.

#stay_home #BCdocs

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SOCIAL DISTANCING

or 'physical distancing' means reducing close contact with other people to slow the spread of the coronavirus.

When you stay at home and avoid contact with other people as much as possible you can prevent other people from becoming sick, and help make sure our hospitals have room and supplies for patients who need care.

STOP!



Stop meeting in groups

- House parties
- Outdoor parties
- Beach crowds
- Mingling with friends
- Public gatherings
- Playdates
- Playgrounds
- Non-essential travel
- Malls
- Church Services
- Sleepovers
- Group Hangouts
- Celebrations
- Bars, Restaurants, Gyms

USE CAUTION / LIMIT



If you have no symptoms and need to go out, stay at least 2 meters (about 6.5 feet) apart from other people - about the width of a car. Wash your hands after.

- Grocery shopping
- Picking up medications
- Walking in a public area
- Transportation to a job
- Take out food / food delivery

Drop off essential supplies for friends or relatives at the door (wash your hands before handling)

SAFE TO DO



Stay at home. Do these things with your household members or alone.

- Play in your yard
- Yard work, gardening
- Meet with friends online
- Work from home
- Take classes online
- Cook
- Read, TV, movies, music

Keep space between you.
Wash your hands frequently.
Wipe down packages and surfaces.
Clean your space, wash your clothes.