

Dr. Jensen & Dr. Wilson's COVID-19 Update #14

October 2020

As we enter the next phase of the global pandemic, our encouragement to you is this: **let go of what you can't control and embrace what you can control.**

We are all in uncharted territory and it's normal to feel anxious about the future. When these feelings arise, you can choose to let go of things beyond your influence and instead take charge of those that are. When you feel uncertain or upset, ask yourself "Do I have the power to influence change here?" If the answer is "no," don't pull your hair out; let it go. Your time, emotions, and energy are too valuable to waste on these matters.



Things I *Can't* Control

- how COVID-19 will behave in the future
- who qualifies for a COVID swab
- when a rapid swab will be available
- when I will get my COVID swab result
- vaccine timing and availability
- public health regulations
- whether schools will remain open
- when flu shots are available
- the availability of Lysol wipes and toilet paper
- the guy on Facebook posting COVID nonsense
- the continually changing guidelines
- wait-times in the ER (doing our best...)
- visitor policies in the hospital
- when sports facilities will open
- rules about holidays and special events
- the weather
- how my spouse loads the dishwasher
- the US presidential election

Things I *Can* Control

- what I choose to binge-watch on Netflix
- how and when I wear a mask
- who I have in my bubble
- how I practice physical distancing
- whether or not I get a flu shot
- what activities my family participates in
- white meat or dark meat (or no meat)
- how I respond to negativity from others
- what media I choose to follow
- who and what I prioritize in my life
- how many times a week I exercise
- how I make time to connect with family
- who I engage with online or in-person
- whether or not I wear PJ bottoms on Zoom
- how I care for my emotional & spiritual health
- my attitude every day
- what I do for others
- not crying when a swab goes 5cm up my nose

We cannot direct the wind, but we can adjust the sails.

BERTHA CALLOWAY

As we adjust our sails yet again to keep our loved ones and community safe, here are a few practical health care reminders for you:

1. **COVID swabs:** If you or your child develop any symptoms of COVID, self-isolate and seek clinical assessment by:

Completing an online covid self-assessment form at:

<https://covid-19.ontario.ca/self-assessment/> to see if you qualify for a swab. If so, you have several options:

- i. **Lakeridge Health:** complete the online registration form at covidswab.lh.ca to get an appointment at the North Durham COVID-19 Assessment Clinic (or any other site through Lakeridge Health)
 - ii. **Markham-Stouffville CAC:** same day appointments are available, you must first register at 289-378-2419
 - iii. **Ross Memorial Hospital;** drive through option (first come first serve)
 - iv. **Southlake Hospital:** same day appointments, you must register first by calling 905-895-4521 ext 2162 option #1.
2. **School and child care screening:** As of October 1st, the province has made updates to screening guidelines for children. These guidelines continue to evolve as we learn more about COVID-19 and how it affects children and adults in different ways. The October 1st update adjusts the type and number of symptoms needed for a child to stay home for a period of time and seek medical advice. Read and screen for COVID-19 using the [updated guidelines](https://covid-19.ontario.ca/school-screening/) at: <https://covid-19.ontario.ca/school-screening/>
 3. **Flu shots:** will be available at your doctor's office and at local pharmacies in October. Release date unknown but expected by second week in October. Flu shot clinics will look different this year due to COVID precautions. Please plan now to be patient and allow extra time for your shot this year. Do not fret if your appointment for the shot isn't until November - this is still in advance of peak flu season.
 4. **General medical care:** most general medical care continues to be done virtually. For general non-COVID medical care, contact your family physician's office for a virtual appointment. In-person visits will be determined on a case by case basis. Childhood immunizations should not be delayed. If you have an emergency medical need (chest pain, trauma, shortness of breath) your emergency department is always open and remains a safe place to receive emergent care.

We have a lot to be thankful for. We would personally like to express our gratitude to each and every one of our colleagues and community members who continue to fight an excellent fight against COVID.

Happy Thanksgiving to you and your loved ones,

Carlye & Jennifer