

March 24, 2020

Good evening fellow Probians,

We hope that you are well and have enjoyed a beautiful spring afternoon!

We would like to share a few updates with you, which are now posted on our [Probus COVID-19 webpage](#).

Firstly, note an important post from the [Perth and Smith Falls District Hospital \(PSFDH\)](#). Please note hospital changes due to COVID-19 as well as the designation of the Smiths Falls site as the COVID-Screening site for our area.

Secondly, Dr. Abdu Sharkawy, a doctor and infectious disease specialist at the University of Toronto, was featured on a [one-hour question and answer period on CTV](#) last evening.

- He reiterated that this is not a time of business as usual. We must all ensure that we have adequate sleep, relaxation, a balanced diet, regular exercise (walk to exercise not to socialize), reduce our stress levels (eg. yoga, music), wash our hands, avoid touching our faces and sanitize our environments. He reminded us that there is no nuclear fallout and fresh air is very important but it is NOT a social event.
- He was adamant that we all comply with government officials in order to plank the curve and eliminate a second wave of COVID-19. He referred to the impact of this virus on the well-being of frontline workers, making reference to the deaths of 17 doctors in Italy. Lives are on the line. We must each do our part in following the governments cancellation of all but essential services, staying home, maintaining the 2 metre distance when we are required to make an essential stop for groceries or pharmacy needs.
- He also reminds us of the need to sterilize all surfaces in our homes and for those essential workers, to sterilize workplaces. We should remember that anything that touches a surface can be contaminated: shoes, pens, personal items. He reviews the technique for using wipes and the need for good judgement in the amount of area covered by each wipe (probably 3 or 4 wipes for a mid-sized home) as well as focusing on a specific collection of items for each wipe (eg. electronic devices, kitchen surfaces, etc.). Where wipes are not available, be resourceful.(eg. In a real pinch use 4 tsp of bleach /litre of water in a spray bottle. Leave for 10 minutes on a surface and then wipe off. This is a good use of a mask or ensure good ventilation.)
- A strong hand washing regime should use warm vs. hot water to avoid skin breakdown. Wash for 20+ seconds using the WHO poster and turn off the faucet with a cloth when in a public washroom.
- Be aware of hoax websites that recommend the consumption of copious amounts of hot liquids and the use of toxic vapours. Check WHO, CBC, CTV updates. Always know your source!
- Stemming the tide of the current virus should be our focus. A vaccine is NOT our solution NOW. It will take months of development and could help in the future.

- Pneumonia shots are very important to those with any lung condition, smokers and seniors. Likewise, flu shots are our personal responsibility.
- Don't wait for our government to impose a consequence, look in the mirror and feel empowered to make good, healthy choices like domestic isolation.
- Adopt a NEW normal re healthy living and something of which we can all be proud. Look at this new stamp on the earth as a positive possibility. Healthy hygiene and supporting those who are needy around us are always important. Be patient with each other, cut a little slack and take care of each other. These positive reminders should remain with us!!

Finally, we have posted a [List of Essential Workplaces](#) that will remain open.

Be healthy!

Probus Perth COVID-19 Team