

March 25, 2020

To all residents of Burns Lake & the Lakes District:

As physicians and nurse practitioners providing care in this community, we are taking this unusual step to write to you all regarding the COVID-19 virus. You will have heard the directive from our Provincial Health Officer, Dr Bonnie Henry.

The time to act is now. Our province is in a state of emergency. What we do today will affect the health of British Columbians in the weeks to come.

- If you feel ill, stay home and self-isolate for ten days, until you feel 100% better.
- If you feel 100%, stay home as much as possible and only go out for essential reasons such as grocery shopping or a visit to the drug store.
- When you do go out, stay at a safe physical distance from others, at least 6 feet apart. That's about the width of a car, or two arm's length.
- Wash your hands for 20 seconds with soap and water, frequently throughout the day
- Call your loved ones and tell them to do the same.

Remind young people in your life that they can get sick from this virus. More importantly, they can be carriers and cause a lot of harm to parents, grandparents, and other loved ones.

Currently both Burns Lake Medical Clinic and Lakes District Health Centre are working with patients to have appointments virtually, by phone and soon, using ZOOM (a virtual F2F platform, similar to Skype.) Some of you will need to be seen in person and we can assure you we are taking all necessary precautions to keep you safe and this will be determined on a case by case basis.

If you believe you have symptoms of COVID 19, please call the Northern Health COVID 19 line at 1-844-645-7811. To book a virtual appointment with your family doctor or nurse practitioner, please call and book an appointment.

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

Sincerely,

Dr. Chris Annandale, Beth Berlin, NP, Dr. Loren Caira, Shawna Glassel, NP, Dr. Michael Graetz, Dr. Lwando Nogela, Dr. Greg Norman, Dr. Chris Okebie, Dr. Tammy Williams, Chief of Staff, Dr. Bryan Skrenes, Dr. James Liu, Dr. Laura MacKinnon, Dr. Jaya Bastedo, and Dr. John Pawlovich.

The time is now.
Together,
we can save lives.

#Stay_Home

doctors
of bc
Better. Together.