

VIDEO #4 Script

Hi Everybody. Dr. Habermehl here. Thought it was a good time for another video given the recent announcement from the Northwest Health Unit about a new COVID case being identified locally.

I want to mention here the importance of respecting the privacy of any individual who's been tested or received a positive swab result. You all know how it can feel like a fishbowl up on the 105. Take a few seconds to think about how you'd want others to talk about you, whether it's by name or not.

Look for reliable sources of information. The Northwest Health Unit and Public Health Ontario both have frequently updated websites. The regional rumour mill is not terribly reliable. I would not suggest taking health advice from anyone who, say, advertises to a very broad audience that they are taking hydroxychloroquine as a preventive measure. Or anyone who says that they know an elixir or tea can prevent COVID.

Despite the natural fatigue and frustration, this is still the same virus as it was a few months ago. It can make people extremely ill. Some people don't get sick at all. We don't have a vaccine yet and there is no cure. Lots of research is being done by amazing people and I trust science. That said, the knowledge and science is shifting so quickly—things we thought might work, actually don't. Things we thought didn't work, might. There's no room here though for "I told you so's".

Preventing COVID requires keeping the virus out of our eyes, mouths and noses. It means lots more of what we've been doing so far. Stay home when you can and most definitely when you're feeling even slightly unwell. Stay at least 6 feet apart from people. Wash your hands and use hand sanitizer a lot. Clean your phone frequently and just leave it behind when you can. (think about it, we touch our phone all the time and bring it up near our face...if there's any virus present, it's a perfect opportunity for it to get in).

It's pretty well agreed upon now that gloves don't do much in non-healthcare settings, so you can skip those. Coronavirus can be spread from people who have no current symptoms. So, there's a new recommendation to wear a fabric face mask when you can't socially distance. If you do this, wash or sanitize your hands before putting it on. It should cover your mouth and nose so that it catches many of the particles that can carry the virus. Don't touch the front of it or adjust it once it's on—if there's COVID virus in your breath and spit (ugggh, I know, breath and spit), it may be concentrated on your mask and touching it would transfer it to your fingers which could then transfer it to anything you touch which can then be picked up by the hands of another which can then be spread to their face. To take your mask off after your outing is done, wash or sanitize your hands, take it off by the straps only, and drop it in a laundry bin or into the washer. That's it for today. Stay tuned for my next instalment!