

**Gabriola Medical Clinic
695 Church Street
Gabriola Island, BC V0R 1X3
(250) 247-9922**

March 22, 2020

To our patients and community,

We are taking advantage of our incredible community groups and their wide distribution networks on Gabriola to connect with you personally regarding the COVID-19 virus.

You will have heard the directive from our Provincial Health Officer, Dr Bonnie Henry, to self-isolate and practice social distancing. The time to act is now. Our province is in a state of emergency. What we do today will impact the health of British Columbians in the weeks to come.

Gabriola is one of the top 3 oldest communities in British Columbia. We are very vulnerable.

Stay home unless absolutely necessary. No dinner parties. No group walks or gatherings. Instead, have coffee with a friend online, share a song or piece of art on our community facebook sites, call your family near and far.

Go get groceries once a week - not daily or regularly. Take advantage of the wonderful delivery services that are being offered by our local shops and restaurants.

Stop going to town for errands/shopping unless required for your health or essential work.

If you must go out keep two metres away from everyone at all times. That's about the width of a car or the length of a kayak paddle. Distance yourself in the grocery store. Wash your hands before and after going into any public space. Wash you hands as soon as you come home.

Even the young and healthy among us can get sick from this virus. More importantly, they can have mild symptoms and be carriers, causing a lot of harm to parents, grandparents, neighbours and other loved ones.

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

The physicians of Gabriola are on the frontline in the battle against COVID-19. This crisis is unlike anything we have experienced in our lifetime. It has drastically changed how we work and taken all our attention to manage this new risk. We will continue to work flat out to care for our community. We are in regular touch with the doctors at NRGH and they will do the same for the very sick.

Doctors cannot do this alone. What YOU do now will impact the health of Gabriolans in the weeks and months ahead. Lives depend on your actions now.

Do nothing, stay home, save lives. We will get through this together.

Sincerely,

Dr. Francois Bosman

Dr. Tracey Thorne

Dr. Maciek Mierzewski

Dr. Clare Gibbs