



745 Mt. Pleasant Rd., Suite 305
Toronto, ON M4S 2N4
Tel: (416) 487-2052 Fax: (416) 480-2030
www.futuritymedical.com
e-mail: reception@futuritymedical.com

Dr. Martin Schwartz
Dr. Joshua Waks
Dr. Jacqueline Schwartz
Dr. Rachel Shour
Dr. Adee Bross

COVID-19

COVID-19 is a serious threat but one which we can mitigate through a calm and firm response. Our current understanding is that this coronavirus is not overly dangerous for young, healthy people but is dangerous for older people or people with chronic illnesses (diabetes, heart issues, immune issues etc.) and especially breathing issues (asthma, emphysema). Although young people are not at high risk for developing serious illness, they may well still have COVID-19 with minor cold symptoms (or no symptoms at all). They can inadvertently spread it to more high-risk people with severe consequences.

THIS NEXT PARAGRAPH IS OF UTMOST IMPORTANCE IN UNDERSTANDING WHAT YOU CAN DO TO HELP REDUCE RISK TO YOURSELF AND OTHERS:

In all the countries which have been hit hard so far, (China, Italy, Iran, South Korea), there has been an identical curve in how new cases occurred. There was first a slow rise of new cases which then led to a very rapid rise. For those interested in a superb review of these concepts, see article below (Coronavirus: Why You Must Act Now). At the point when the new cases were occurring in an explosively rapid fashion, a crisis occurred in those countries and they “shut down”. Massive quarantines, no public gatherings, closed airports etc. were implemented to manage the crisis and **AS SOON AS THAT OCCURRED, THE NUMBER OF NEW CASES QUICKLY LEVELED OFF.**

Canada and US are still at the slowly rising stage which is just starting to turn into the rapid phase. If we all started to behave “as if” we were in China or one of those “hot spot” countries, we might well manage to avoid becoming like them.

We recommend avoiding all non-essential travel and public gatherings.

If you are feeling well:

Avoid public crowded places, stay at least 2 meters from people in public, if you touch a surface (stair railing, door knob, etc.) either sterilize your hands with alcohol (unlikely to be able to get any, unfortunately) or avoid touching any part of yourself, especially your face, until you can thoroughly wash your hands with soap. Hand washing should be aggressive, lots of lather, both sides and between the fingers for 20 seconds at least and then dried thoroughly with a disposable towel. Hand washing should be done frequently throughout the day and certainly after you touch anything in the public domain. You do not need to wear a mask - you need to avoid close contact and keep hands off surfaces, faces and wash your hands as described A LOT.

If you are feeling unwell (sore throat and/or cough and/or fever and/or recent travel):

Stay home if at all possible and avoid all contact with others by staying at least 2 meters away, coughing or sneezing into a disposable tissue which should immediately be discarded into a safe receptacle. Wash surfaces and do not touch public areas. Wearing gloves and a mask is a good preventative measure if you are sick. Call Public Health if you are quite ill with fever and cough or call the office if you have mild symptoms.

**DO NOT COME TO THE OFFICE UNLESS WE HAVE ARRANGED FOR YOU TO DO SO.
EMERGENCY DEPARTMENTS ARE ASKING THAT ARRANGEMENTS BE MADE IN ADVANCE, AS WELL.**

Previously booked appointments

We are not allowing anybody who is suspiciously ill into the office at all. We therefore consider the office a relatively low risk facility. On this basis, we are able to continue seeing our regularly scheduled previously booked appointments. If you would rather cancel or postpone an appointment, please let us know by calling us at 416-487-2052.

Recommendations are being adjusted on a day to day basis as needed and we will update this message as required.

Reliable sources of information include:

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Ontario Ministry of Health: <https://www.ontario.ca/page/2019-novel-coronavirus>

Toronto Public Health: <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

Coronavirus: Why You Must Act Now <https://medium.com/@tomaspueyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca>