



School District of Mystery Lake

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Dear community members,

We are writing to you today to spread awareness about a very critical issue: your health. We know these are unprecedented times, but please remember that your regular medical concerns do not take a break during the pandemic. So we would like to take this opportunity to encourage you and your family to not put your health on hold.

As you follow public health advice on social distancing, physicians are reporting that many of their patients are staying home and not coming in for needed care. This is a major concern for patients with chronic conditions as well as new or developing medical concerns.

Dr. Brent Roussin, Manitoba's Chief Provincial Public Health Officer, has advised Manitobans to stay on top of their medical conditions and continue to seek care during the pandemic.

If you or a member of your family is unwell, we recommend you call your doctor's office. Many doctors may be able to offer you a virtual visit over the phone or video. In instances where you require an in-person consultation, Doctors Manitoba has advised that physicians' offices are screening patients for COVID-19 symptoms and cleaning more frequently to minimize the risk of visiting their offices.

If you are worried that you may have COVID-19, use the Shared Health online screening tool or call 1-877-308-9038. If you have a life-threatening emergency, call 911.

For everything else, don't self-diagnose, call your doctor. Your doctor can help you decide if you should seek care now, or wait. You can learn more by visiting [CallYourDoctor.ca](https://www.callyourdoctor.ca).

Thank you for your help in supporting the health of Manitobans as we all navigate the COVID-19 pandemic together.

Sincerely,

Angele Bartlett

Co-Superintendent

Lorie Henderson

Co-Superintendent