



**Lakeridge
Health**

November 12, 2020

Dear Friends and Neighbours,

Thank you for the opportunity to update you on the fight against COVID-19 in Durham Region and at Lakeridge Health.

As we move through November, we continue to see a rise in confirmed COVID-19 cases across Ontario and here in Durham Region. These increasing transmission rates are concerning and pose a threat to our health system, our economy and us personally. To slow down and reverse the increasing community caseloads, collectively, we all need to remain focused on basic safety precautions - physically distance outside of our family circle, wear masks and frequently wash our hands.



One System.
Best Health.



Flu Season during the COVID-19 Pandemic

As the flu season emerges, it is important to stay as healthy as possible. We encourage everyone across the Durham Region community to get their flu shot. Some people may recover from flu symptoms after a few days, but for many individuals – including the elderly, the very young, and people with chronic conditions – it can lead to serious illness. The more people that get the flu vaccine, the better chance we have to keep our community safe and healthy. For more information about the flu and how to stay safe, please visit the [Facts about the Flu page](#) on the Lakeridge Health website.

Cold and flu symptoms and those of COVID-19 overlap. Some COVID-19 symptoms are similar to the common cold, flu and other respiratory illnesses, although COVID-19 is more severe in some cases. Having a COVID-19 test will help you be sure.

If you are experiencing any symptoms of a respiratory illness, please complete an [online assessment](#) to book an appointment for a COVID-19 test and connect with your primary care provider to explain your symptoms.

COVID-19 Assessment Centres

In Durham Region, there are now six [COVID-19 Assessment Centres](#) (CACs) available to serve our community with an approximate 20-hour wait time for an appointment. The newest testing centre at Whitby's Heydenshore Pavilion opened a month ago and a new CAC in Pickering, located at 1101 Kingston Road, will open in the coming days.

Family Presence at Lakeridge Health

During this challenging time, we are always looking for ways to connect loved ones in hospital with their families. To keep patients, visitors and our team safe during this pandemic, please follow all public health guidelines, including not visiting if you have symptoms or have been exposed to someone with COVID-19, wearing a mask at all times, physical distancing and regular handwashing.

In addition, we remind everyone that visitors are **not permitted to eat or drink** while in hospital and at this time, we do not allow flowers inside the hospital. Please go to the [Visiting Us](#) page on our website for the latest information on family presence during the pandemic.

The safety of our community, team members, families, and visitors is our top priority. As this situation changes, we continue to update our [COVID-19 page](#).

Thank you for your continued efforts to keep our Durham Region safe.

Susan deRyk,
Interim President & CEO

Dr. Tony Stone,
Chief of Staff