



Cascade Medical Centre

BOX 610 PRINCETON, BC V0X 1W0
OFFICE: (250) 295-4482 FAX: (250) 295-4484

To our patients,

As you know, we are heading into exceptionally challenging times which calls for exceptional preventative measures 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 (physical) 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.

Stay home unless absolutely necessary. Protect yourself and those around you! Instead, have coffee with a friend online, send an email or pick up the phone and check in with loved ones or the most at-risk and vulnerable.

Keep six feet or two meters away from everyone at all times. That's about the width of a car or two lengths of two arms stretched out. Call your loved ones and tell them to do the same.

Remind young people in your life that they can get sick from this virus. More importantly, they can be carriers and cause a lot of harm to parents, grandparents, and other loved ones.

Wash Your Hands. Stop the spread of germs and wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

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

Thank you for doing your part. Stay Healthy and Stay Safe.

From the Practitioners and Staff at Cascade Medical Centre