

To our amazing patients,

We're doing everything we can to maintain a safe and healthy environment amid the COVID-19 pandemic.

We're continuing to move forward with more aggressive measures to help slow the spread of COVID-19 in Alberta. **We will be closing our clinic until Monday, March 30, 2020, however, additional actions may be required in the coming days/weeks.** Our team is currently working remotely when possible/necessary. You can still reach us via email sleepsurgerycanada@icloud.com or through our patient portal portal.healthmyself.net

WE ARE ONLY BOOKING URGENT CLINICAL APPOINTMENTS AT THIS TIME.

ALL ELECTIVE ADULT AND PEDIATRIC SURGERIES HAVE BEEN POST-PONED BY ALBERTA HEALTH SERVICES AND CANNOT BE SCHEDULED AT THIS TIME. IF YOU HAVE ALREADY BEEN SCHEDULED FOR A SURGICAL DATE, YOU WILL BE CONTACTED DIRECTLY AS INFORMATION BECOMES AVAILABLE.

As you can imagine, these changes mean we're experiencing delays in our response times. We're sorry for any frustration or inconvenience and appreciate your patience. We will get back to you as soon as possible.

The most important thing

Right now, the most important thing to us is the health and safety of our patients and our healthcare team. With that in mind, we're taking every precaution to make sure our clinic remains clean and safe.

We've implemented increased cleaning and sanitization procedures and are closely monitoring the wellbeing of our staff and each patient scheduled for an appointment.

If you are feeling unwell or don't feel comfortable about heading out, please get in touch with our clinic and we'll be happy to reschedule your appointment. We take our role as healthcare professionals very seriously and believe prevention starts with awareness. Be informed on how you can protect yourself and others from COVID 19 including

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

COVID-19 symptoms are similar to influenza and other respiratory illnesses. Common symptoms include:

- dry cough
- fever
- fatigue/extreme tiredness

Symptom of serious illness include:

- difficulty breathing
- pneumonia

If you have symptoms:

- stay home - do not go to an ER or clinic
- take the [COVID-19 self-assessment](#) to determine next steps and find out if you require testing.

If you need immediate medical attention, call 911 and inform them you may have COVID-19.

Risks

Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.

While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as:

- high blood pressure
- heart disease
- lung disease
- cancer
- diabetes

As the situation develops, we'll keep you posted with any changes that may affect you. Our thoughts and priorities lie with our patients and our team, and we'll continue to do everything we can to ensure the health and safety of the community.

Take care,

Canadian Sleep Surgery Clinic
Dr Jason Chau