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infection. There are 4 known cases in Canada as of January 31, and a few others are being monitored.

By comparison, each year, the flu virus causes an approximate 12,200 hospitalizations and 3,500 deaths across Canada. And there are many, many other contagious viruses that dominate the winter season here. No matter what, the gold standard of prevention still includes:

- Getting your annual flu shot.
- Washing your hands frequently.
- Using alcohol-based hand sanitizers.
- Sneezing or coughing into your shoulder or elbow.
- Staying home to limit the spread of infection.
- Seeking medical attention if you have red flags like chest pain, shortness of breath, lethargy, dehydration et cetera.

SARS and the annual flu has taught Ontario how to deal with outbreaks. Those lessons are being put to good use in hospitals, clinics and public health agencies to deal with the coronavirus.

It is important to stay calm. Stay informed. And stop the spread of misinformation.

Being Chinese Canadian does not mean you have the coronavirus. Being Chinese Canadian does not mean that you should be quarantined. Being a Chinese Canadian person with a viral illness like the cold does not mean that you have the coronavirus.

Being Chinese Canadian means... you're a Canadian.

I love Georgetown. I live here. I work here.

My kids will be raised here. We will do our part to make our community strong and healthy — just like everyone else should.

Nadia Alam is a Georgetown physician and past president of the Ontario Medical Association. Her columns also appears on www.medium.com/@docschmadia. She can be reached at nadia.alam@oma.org.

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By Cory Soal
R.H.A.D.

**... Lend
Me Your
Ears**

**STRATEGIES USED TO HELP
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The best thing you can do whether you are wearing hearing instruments or not is to use effective listening strategies. Even people with normal hearing have difficulty in some situations. Don't get discouraged. The following are some effective listening strategies you can implement easily:

- Make sure the person you are communicating with is facing you and not turned away or in another room.
- Make sure the background noise is kept to a minimum when trying to communicate.
- Have people try to get your attention before they start to speak to you.

For more information call...

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