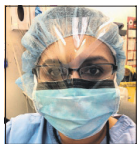


WHAT COMES NEXT IN THE FIGHT AGAINST COVID-19?

WE MUST REMAIN VIGILANT AS VIRUS ISN'T GOING AWAY ANY TIME SOON, WRITES DR. NADIA ALAM



NADIA ALAM
Column

COVID-19 has fundamentally changed our lives — from how we practice medicine to how people buy groceries to how we even say hello.

People sacrificed everything to slow down the spread of a pandemic that crippled other countries. Businesses stopped. Towns shut down. Families isolated. Nursing homes locked down. Hospitals limited visitors. Travel stopped and borders closed.

As more information came to light, we understood more about the disease itself. We know COVID-19 copycats other viral illnesses. We know it can be spread by people who have no symptoms. We know COVID-19 hits the most vulnerable among us the hardest.

I believe the cracks in our health-care system became obvious — public health, senior care, group homes, marginalized populations, community care and infrastructure. These parts, as I see it, have been ignored for too long and must be fixed by government before the second wave of the pandemic hits.

Though it was hard, shutting down our lives worked. We are alive. Now,

'Though it was hard, shutting down our lives worked.'

we have to figure out our next step, our new normal.

Hand hygiene, masks, social distancing. Testing and isolating those who are sick and all their contacts. All these infection control precautions must be woven into the fabric of our everyday lives. We can't go back to the old ways. COVID-19 will be around for many more months.

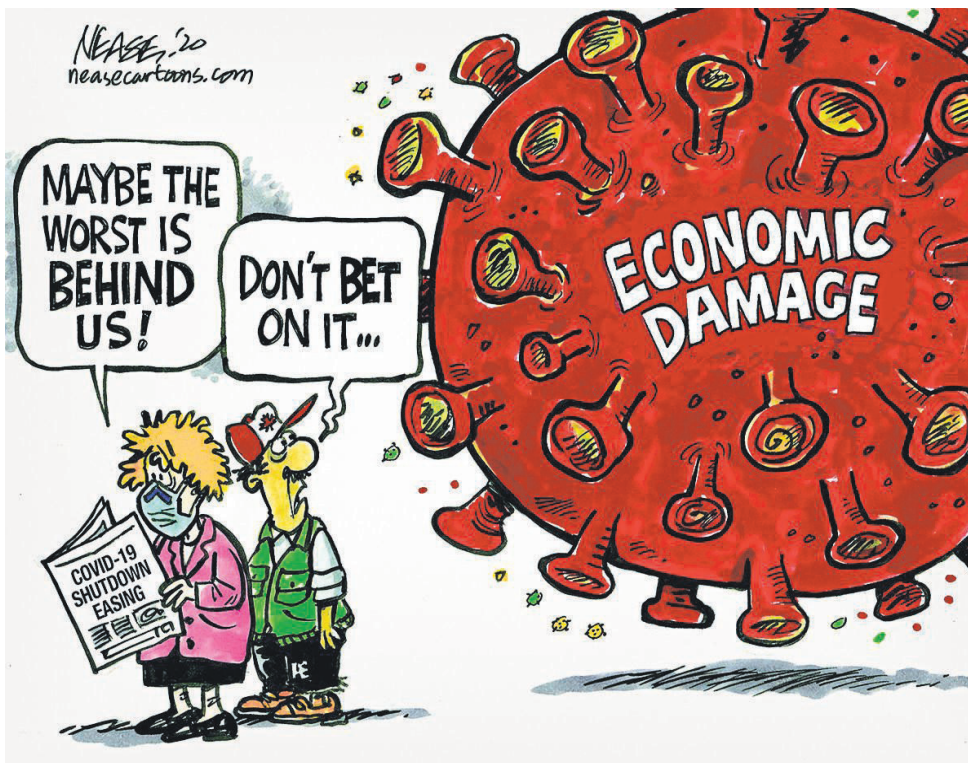
Consider this as a first step:

1. Carry hand sanitizer. Clean your hands carefully and often.
2. Wear a mask every time you go outside. They're hot and uncomfortable, at first. But if you mask, you protect me, and if I mask, I protect you.
3. Shorten your outdoor activities. Do what you can at home: go to the bathroom, eat.
4. Keep apart two meters from others as much as possible.
5. If you're sick, get tested and isolate. Immediately. Call your contacts to do the same.

We've already done the hard thing — and succeeded. Now, we do the next. That's how we move forward together.

Nadia Alam is a Halton physician and past president of the Ontario Medical Association. Her columns also appear on www.drnadialam.com. She can be reached through her website.

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TERRY'S SPIRIT LIVES ON

NO MASS RUN THIS YEAR, BUT ANNUAL FUNDRAISER FOR CANCER RESEARCH WILL GO AHEAD, WRITES JON HURST



JON HURST
Column

As we all navigate through the challenges of the COVID-19 pandemic, many fundraising organizations and their normal activities have been severely affected.

Most charitable events have either been cancelled, rescheduled or altered in some way.

Sunday, Sept. 20 marks the 40th anniversary of the Terry Fox Run, where normally fundraising participants would have gathered at run sites in Acton and Georgetown as well as across Canada, and around

the world, to raise money for cancer research.

Given the new, present day reality, the Terry Fox Run has now been changed to a virtual event, and the motto this year is "The 2020 Terry Fox Run: One Day. Your Way."

Halton Hills participants can register at www.terryfox.org, where they can select the Acton or Georgetown run site to sign up. They will still get up Sunday morning, lace up their shoes and head out the door, but instead of driving to the planned site, they will now walk, run, bike or wheel a route of their own choosing — safely.

Anyone wishing to sponsor a relative, friend or co-worker can go to the website, scroll down and click on "sponsor a participant," select that person by

name or run site, and click on the red "sponsor me" button.

In these trying times, we simply ask, "give, if you can, what you can." As we celebrate this 40-year anniversary, the virtual run will still mirror the same passion for Terry, his mission and our community.

The difference: we will unite in spirit, not in person. The reality is cancer patients can't wait for this crisis to be over, nor can the doctors and scientists who have dedicated their lives to research and who rely on continuous funding for their work.

As we continue our lives, altered to a great degree, Terry's legacy of hope, determination and courage can be an inspiration to us all.

Jon Hurst is the chairman of the Acton Terry Fox Run. He can be reached at johnh@halton-hills.ca

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