



January 18, 2022

Pandemic Update

Dear Patients and Families,

Happy new year! At the Best Centre, our services have always stemmed from our mission to keep our patients healthy until a cure is found. This is particularly significant now as we respond to the omicron wave, the ongoing efforts put forth by the Premier, our provincial government and our local public health department. We would like to remind patients that vaccination and safety procedures remain paramount. The medical team strongly encourages all eligible patients, and all of their close contacts, to be fully vaccinated. If you are concerned about safety at schools, please know that we support the return to in-person learning for people living with type 1 diabetes.

We want to remind you that we are continuing to provide full service care, albeit with a reduction in on-site appointments. Please look for your appointment confirmation by email, to ensure you have the links required for virtual connections. If you have not done so already, please add reminders@charleshbest.com to your address books.

If you need a refresher on how to manage illness (flu, COVID-19, stomach flu etc.) please refer to the handout titled, Managing Illness, on our [Best Centre COVID-19 Updates](#) page. We will continue to provide information and updates as they are available. Please bookmark this page. Also, please review the full [patient guidelines](#) document on our website.

Finally, please access all vaccine doses available to you. Appointments can be booked at, <https://www.durham.ca/en/health-and-wellness/covid-19-vaccines.aspx>

Enjoy the rest of winter and stay safe!

Best in Health,

Lorrie Hagen, RD, MHSc, CHE
Executive Director