



## Taddle Creek

### Family Health Team

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Feb 22, 2022

Some of you have reached out to ask about **treatments** for Covid-19 infection. Here are a few key things to know:

- Most people with Covid-19 symptoms will simply need to self-isolate and rest, drink plenty of fluids and take analgesics as needed for headaches or muscle aches.
- “Confused About Covid” is an excellent resource (<https://dfcm.utoronto.ca/confused-about-covid>) that answers many of the most common questions about COVID-19, including when to call the doctor’s office.
- If you are over a certain age and/or have health problems, treatment may be an option for you based on your risk of severe illness. **If you are at higher risk (see below) and have mild to moderate Covid-19 symptoms**, please call our office right away so we can determine whether you should be referred for treatment. Most medications for Covid-19 must be taken within five to seven days of first symptoms. See [If I get COVID, is there a medication I can take?](#)

You can also **self-refer** to a Clinical Assessment Centre – list of CACs [here](#).

Higher-risk patients are:

- immunocompromised individuals (i.e. you have certain health conditions or take medications that weaken your immune system) and 18+ years old, regardless of vaccine status
- unvaccinated individuals aged 60 and over
- unvaccinated First Nations, Inuit and Métis individuals aged 50 and over
- unvaccinated individuals age 50 and over with one or more risk factors (e.g., you have diabetes, obesity, serious kidney problems, intellectual disability, cerebral palsy, sickle cell disease, on active cancer treatment, a solid organ or stem cell transplant recipient).

Call 911 **if you have severe symptoms**, for example shortness of breath while resting or if you are finding it harder and harder to breathe, have severe chest pain, feeling confused or losing consciousness.

We also want to make you aware of some updates regarding Covid-19 Vaccines:

- **Children ages 12-17 are now eligible for a third dose of the Covid-19 vaccine approximately 6 months (168 days) after a second dose.**
- As of February 18th appointments can be scheduled through the [provincial booking system](#) as well as at select pharmacies. For more information see [Covid-19 vaccines for children and youth](#).
- A third dose SUBSTANTIALLY increases protection against Covid-19 so we highly recommend it to our patients in this age group.

- If you have recently had a Covid-19 infection, wait 3 months post-infection to receive your booster dose.

We are here for you and will do our best to ensure you get the care you need. However, our offices, like most, are experiencing much higher patient calls and visits than usual given the care “backlog” from the pandemic. For some routine, non-urgent care (e.g., well child visits not associated with immunization, follow up for chronic disease that is stable), wait times for your appointment may be longer – we appreciate that you continue to be patient with us as we work hard to help you.

Warm wishes,

Your Taddle Creek Family Health Team