



## Coronavirus disease (COVID-19) update

### A Message to Our Community

We would like to assure you that we are monitoring the coronavirus (COVID-19) situation closely and are working to ensure the health and well-being of our community, patients and staff.

In response to Public Health recommendations, three of Langs sites are closed for programs, services and visitors. We have centralized essential primary care and diabetes staff at our Cambridge location.

**For appointments with your current Langs provider,  
please contact us at: (519) 653-1470  
Essential Primary Care Services, ext. 221  
Program Refunds, ext. 267**

Langs continues to see our most vulnerable –including those at The Bridges Shelter and new diabetes patients requiring an insulin start.

We have also reduced our hours of operation and implemented skeleton staff schedules on a rotating basis for social distancing to keep our staff healthy.

Our other staff work at home and are also on call.

Our Leadership Team is meeting daily to continue to develop our response to the pandemic and to incorporate any new information or recommendations.

Please check our website and social media platforms for updates.

Links are provided at the bottom of this email.

### Events

In keeping with public health recommendations

and exercising additional caution, Langs is postponing all public events currently scheduled.  
Stay tuned for further announcements.

---

## Practice Self-Care

In the midst of a stressful season or situation, many self-care practices are the same ones that prove helpful in everyday living:

Maintain your normal routines

Connect with family & friends

Eat well and stay active

Get adequate rest

Do enjoyable activities

Employ coping skills that nurture your spirit: mindfulness exercises and prayer



---

## Looking to Help?

Langs remains committed to serving our neighbourhoods and as always, we rely on community support to make this happen.

While we are not currently accepting in-person donations, we are accepting online financial donations.

Your support is appreciated and will be directed to the areas of most need

[DONATE  
HERE](#)

---

We appreciate your understanding over the coming weeks as our community navigates this health situation together. For further information and advice, please refer to:

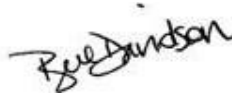
[Public Health Agency of  
Canada](#)

[Waterloo Region Public  
Health](#)

**If you require crisis support, please call:  
1 844 437 3247 (HERE247)**

---

Thank you for continuing to support each other as we work through this challenging time. Stay safe and be well,



**Bill Davidson  
Chief Executive Officer  
Langs**

---

**Langs Website**

