

March 12, 2020

For the Attention of DMRF Canada Support Group Leaders and Area Contacts, and members of the Dystonia Community:

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Currently the risk of contracting the COVID-19 virus for Canadian is low, however, it is important to be prepared at the individual and community level for all possible scenarios. In order to mitigate the impacts of COVID-19 each of us can help by understanding how it spreads and how to prevent illness.

Human coronaviruses are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Upcoming Dystonia Support Group Meetings

DMRF Canada encourages Support Group Leaders and Area Contacts to use their best judgement to keep yourselves, your family members and other members of the dystonia community safe. DMRF Canada has invested in an online webinar tool called Zoom. This will allow you to host meetings with your groups virtually. It is safe and easy to use. If you would like to use this tool, please reach out to Archana to get the details.

If you do decide to continue to offer face-to-face meetings and/or educational events throughout the next 6-8 weeks, please note the following important points to your support group members and/or meeting participants in advance of your events:

1. Please remind your support group members to protect their own health, and the health of others by helping to reduce the risk of infection and/or spreading infection by:
 - [Frequent hand hygiene](#) is important;
 - Wash hands before preparing, handling, serving or eating food;
 - Avoid touching your face, mouth, nose and eyes with unwashed or gloved hands;
 - Practice proper cough and sneeze etiquette. Cover your mouth and nose with your arm to reduce the spread of germs. If you use a tissue, remember to dispose of it as soon as possible and wash your hands afterwards.
2. If You or Members of Your Group Are Feeling Ill: If you, or members of your group [develop symptoms of COVID-19](#), call your appropriate public health authority immediately. Describe your symptoms and document your travel history. Your health



care professional or health authority will provide instructions for you to follow, including appropriate arrangements for your medical assessment.

3. See and share this [link for more information on COVID-19](#)

DMRF Canada wishes everyone good health and safety. With best wishes,

Stefanie Ince
Executive Director, DMRFC Canada