

## **CEDAR SPRINGS COMMUNITY DURING THE COVID 19 PANDEMIC**

**Questions and Answers for our Members**

**Issue I April 1, 2020**

Dear Springers!

As Canada and the world are trying to come to grips with this new virus, we know that all of you are also grappling with this crisis. COVID 19 has already caused untold heartbreaks and losses, but also untold acts of kindness and bravery. We have no doubt that Springers will respond in the same spirit. And while all of us look forward to our summer season at the Springs each year, it is becoming increasingly obvious that virtual reality will have to replace physical group activities for some time to come.

We know there is a huge amount of information available to you. We do not wish to burden you with even more. And we certainly do not presume to intrude, please forgive us if this is your perception. As always, your family doctor remains the best resource for your personal questions.

### **So why are we writing to you?**

As pediatricians and family doctors among your neighbors, we want to help you stay safe by addressing questions that are particularly relevant for us here at Cedar Springs.

To begin this series, we are asking:

### **Question: Should grandchildren be kept physically separate from their grandparents during this pandemic?**

A few facts:

- COVID 19 is not like the flu or any other disease known to man. There is no vaccine and no proven treatment.
- Seniors (above 60 years) have an increased risk of severe lung and heart complications and death.
- Children are rarely sickened by COVID 19. However, they can infect others, including high risk folks like their grandparents while they themselves appear perfectly healthy.

**Answer:** Experts in Asia and Europe, and increasingly in North America, strongly recommend to avoid all physical contact between grandparents and grandchildren in the coming weeks and possibly months.

**Further Reading:**

## **1. A plea of caution from one grandparent to all others - from Janice Cairnie, RN**

**I am a retired nurse** which of course means I am also a senior citizen and the proud Nana of 7 beautiful grandchildren. Having worked for 40 years with an extremely compromised pediatric population I am frightfully aware of the ease with which contamination can occur despite best efforts.

Being a senior, I too now find myself in the 'at risk' population. Many of my neighbors are "at risk" as well.

It would be reckless and irresponsible to increase the risk of spread further. I miss my grandchildren immensely and want them to know that. I also want them to continue to feel connected to family as they too are confused and frightened about the situation. This is because rather than hiding it their parents are teaching them to be safe by talking to them about it.

Though I would prefer to be able to see and hug them I choose rather to protect them and myself. To that end I video chat with my grandchildren every evening to ask about their day and to say goodnight (and to make sure they haven't tied their parents to the staircase). Mine are spread among 3 families so it requires 3 separate calls and quite some time to speak to each one but since boredom seems to be one of the things people have an issue with these days I can tell you it provides relief from that and gives me something to look forward to each day.

So as difficult as it seems now, this will end and when it does, I think we all want the same thing, that is to be among the survivors and to be able to give each of our grandchildren a big hug. They will thank you for it.

## **2. Is It Safe For Kids To See Their Grandparents During The Coronavirus Pandemic?**

**<https://www.huffingtonpost.ca/entry/afe-kids-grandparents-coronavirus-pandemic>**

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