KEEPING THE PSYCHOSOCIAL HEALTH OF OUR PATIENTS, COLLEAGUES AND FAMILY MEMBERS AT THE FOREFRONT AMID COVID-19

Dear Members of the CAPO Community,

These are incredibly difficult times full of uncertainty and fear. For our patients, colleagues and loved ones living with cancer, things are especially challenging.

As always, the psychosocial well-being of our patients, colleagues and family members is our utmost priority.

We also understand that there is an overwhelming amount of information circulating regarding COVID-19.

We have gathered the following resources to help you navigate this unprecedented time.

Cancer and COVID-19 <https://www.cancer.ca/en/support-and-services/support-services/cancer-and-covid19/?region=on>

Mental Health and Coping During COVID-19: <https://cpa.ca/the-u-s-center-for-disease-control-cdc-news-release-mental-health-and-coping-during-covid-19/>

### Managing Fears and Anxiety around the Coronavirus (COVID-19): https://www.harvard.edu/sites/default/files/content/coronavirus\_HUHS\_managing\_fears\_A2%5B5%5D.pdf

Public Health Agency of Canada <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

As of right now, CAPO's 35th Annual Conference scheduled for July 15 to 17 in St. John’s, Newfoundland, is planned to proceed as scheduled. We are however monitoring the situation very closely and will advise if this changes.

### WEBINAR – MARCH 20, 2020. Dr. Doris Howell: Proactive remote monitoring and real-time symptom management using mobile technology: a feasibility study. Please join us.

As a community – we are here for you.