

# Carlisle Medical Centre

## 2021 News Letter

1493 Centre Road, Carlisle, Ontario L0R 1H0  
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[www.carlislemedical.ca](http://www.carlislemedical.ca)

### Sign Up for Pomelo Health Myself Account

We are open to take care of your health needs at Carlisle Medical Centre, offering virtual appointments via telephone or online platform, combined with in-person office appointments when indicated. We understand that it can be challenging to get through our phone lines at times, and due to COVID-19 health and safety protocols, staffing may be intermittently reduced.

We thank those of you who have already signed up for online booking and e-messaging through Pomelo and are glad this has been a positive experience for you. We encourage everyone to sign up for this free service by sending an email to [carlislemedcentre@gmail.com](mailto:carlislemedcentre@gmail.com)

We thank you once again for your patience and continued efforts to stay safe during the pandemic as we await vaccination direction from public health.

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Dear Patient

Due to the current Public Health situation related to the COVID-19 (Coronavirus) we are asking ALL Patients to AVOID visits to our office unless you have been booked for an in office appointment by a physician or nurse.

We are screening ALL patients over the phone prior to booking an appointment and ask that if you are booked for an in office visit that only patients and their caregivers come to the office. Our reception staff may offer you a telephone consultation with your physician at which time an appointment time for a call will be provided to you. If you require a prescription renewal please call your pharmacy to send us a fax request.

These measures have been put in place to protect you, your families and ourselves. Please check our website for frequently updated information at [carlislemedical.ca](http://carlislemedical.ca)

For more information about COVID-19 go to Ontario Ministry of Health Web site or World Health Organization.

**Yours Truly,**  
**Darlene Dumont, Executive Director**

### To the patients of Dr. Thomson

As some of you are already aware, our new baby girl has arrived. I will be taking 7 months away from work to care for our little one. I want to reassure you my practice will be fully covered while I am away.

I would like to welcome Dr. Betty He to the clinic, as she will be covering my practice until I return. All other services that are available to you through the Carlisle Medical Centre will continue as usual.

I wish you all well in my absence and will see you again soon!

Sincerely,  
**Dr. Ashley Thomson**

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### [COVID-19 Self Assessment Tool](#)

For anyone who feels they may have symptoms of COVID-19, Ontario has now launched an [enhanced and interactive self-assessment tool](https://covid-19.ontario.ca/self-assessment/#q0) at <https://covid-19.ontario.ca/self-assessment/#q0>. This easy-to-use tool steps through a series of questions to inform those who are concerned they may have contracted COVID-19. The tool quickly helps people determine if they are negative or it will provide them with guidance on where to seek care based on their needs.

[www.virusfacts.ca](http://www.virusfacts.ca)