

*Dear Residents and Fellows,*

*In the light of the COVID-19 global pandemic and on the recommendation of provincial and federal governments, we are asking all our residents and fellows to make every effort to return to Canada as soon as possible. Please bear in mind that upon arrival to Canada you must self quarantine for a period of 14 days even if you have no symptoms.*

*We thank you for your collaboration and our hearts and minds are with you during this very difficult time,*

*With my best wishes for your safe travels and return home,*

***Armand Aalamian, MDCM, CCFP, FCFP***

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