



**STEPHANIE KUSIE, M.P.**  
**CALGARY MIDNAPORE**

March 17, 2020

Dear constituents of Calgary Midnapore,

As you know, the COVID-19 virus is having a massive impact on all areas of our lives – here in Canada, and abroad. We have been provided with expert advice from the Chief Public Health Officer of Canada as well as the Chief Medical Officer in Alberta. In order to slow the spread of the virus, it is imperative that we take their advice:

- Do not travel outside of Canada. If you have existing plans for non-essential travel, cancel them.
- If you have recently returned to Canada from another country, you must self-isolate at home for 14 days.
- Wash your hands thoroughly, and often.
- If you do not have to leave your home, don't.
- Practice social distancing.
- If you go out to purchase groceries/supplies, do not buy more than you need to last you for a two-week period. Be mindful of the needs of others.
- If you think you may have the virus, take the COVID-19 self-assessment test: **[alberta.ca/coronavirus](https://alberta.ca/coronavirus)**.
- Check in on your neighbours to ensure they have what they need.

Canadians have a lot of questions. While I believe the government was slow to react, I want to assure you that I am keeping in close contact with municipal, provincial, and federal representatives and working in a non-partisan fashion to find solutions to this unprecedented threat.

Everyone from small business owners, to parents, to seniors, is rightly concerned for their well-being. Public servants are working very hard to address all of our needs, and right now, it is helpful to remain calm, extend patience, and express our thanks to all of those working on the front lines.

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Lastly, I'd like to inform you that I have made the decision to cease walk-ins and in-person meetings in both of my offices. This is of course, to slow the spread of the COVID-19 virus. My team and I will continue to work hard for you and will remain reachable by phone and email (contact information is listed above).

We need to take this day by day. We *will* get through it together.

Sincerely,



Stephanie Kusie  
Member of Parliament  
Calgary Midnapore