

# COVID-19 Message to MTABC members

Dear MTABC members:

On behalf of the Board of Directors, I am writing to offer our support during this challenging time. Our hearts go out to those who have been affected locally and internationally by COVID-19.

As music therapists, we regularly come into contact with vulnerable clients – in particular older adults, those with underlying medical conditions, and those who are immunocompromised. We want to acknowledge that many of you work at sites where individuals have tested positive for the virus. You may have already been asked to self-quarantine. The death of an elderly man residing in a North Vancouver care centre was announced on March 9th. Some MTAs have chosen to self-isolate and/or cancel contracts for safety. We would like to recognize your professionalism and choice to uphold these ethical and moral standards amidst a difficult decision. As health professionals, we know this impacts us all physically, emotionally, mentally, psychologically, and spiritually.

Although there are not a lot of tangible things the board can do, we hope to offer any emotional support and information we can. If you are feeling isolated or alone, please reach out by emailing Sheila at [president@mtabc.com](mailto:president@mtabc.com) or reaching out to other members by emailing [mtabc-community@googlegroups.com](mailto:mtabc-community@googlegroups.com) or sending a message through our [MTABC Facebook group](#). If you are under quarantine and need supplies, there might be someone in your neighbourhood who can drop off supplies at your doorstep or curb.

We encourage you to take extra precautions to protect yourself and your clients. Check in with your clients to make sure they are well enough to attend sessions. Stay home if you are experiencing fever, cough, or shortness of breath. Avoid bringing germs from one site to another. Only use instruments if you must. Wash your hands and sing at least 20 seconds of your favourite song while doing so.

At this time, the board is discussing how to handle upcoming MTABC events. Our Annual General Meeting (AGM) is on Sunday, April 5<sup>th</sup>. We will send a separate email soon regarding Zoom video-conferencing options. Please check your emails regularly.

Below are some websites where you can find more health information:

[Centers for Disease Control and Prevention \(CDC\)](#)  
[World Health Organization \(WHO\)](#)  
[Government of Canada Global Travel Advisory](#)

[BC Centre for Disease Control \(BCCDC\)](#)  
[Public Health Agency of Canada](#)  
[BC Ministry of Health](#)

We are sending positive energy to all of you here and our brothers and sisters around the world. Take care,

Board of Directors: *Sheila, Melody, Felicia, Carolyn, Susan, Mary, and Alexina*

Administrative Assistant: *Janet*