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Working together to contain and manage COVID-19

OTTAWA – Working together is key during the COVID-19 pandemic, and *CMAJ* recognizes the Herculean efforts of public health officials, front-line health care workers, governments, employers, media and the public in navigating these unfamiliar waters, writes Dr. Andreas Laupacis, Editor-in-Chief, *CMAJ* (*Canadian Medical Association Journal*), in an editorial.

However, the extraordinary measures, such as social distancing, business and economic alterations, school closures and other disruptions will have psychological impacts on people across society.

“If we can successfully flatten the curve of the outbreak in Canada, we will buy our health care system time — the importance of which cannot be understated,” writes Dr. Laupacis. “But the consequent strains on the system and on those who work in it will likely continue for months. The emotional impact on health care workers who see some of their colleagues become sick with COVID-19 will be substantial. Effectively supporting the psychological well-being of health care workers must be a top priority.”

“The possibly lengthy restrictions on work, play and social interaction will take their toll on people’s mental health. I am sure public health experts will consider the need for human interaction, especially for those who are at risk of loneliness, as they make and communicate policies necessary to contain the spread of the virus,” he writes.

CMAJ is fast tracking submissions related to COVID-19 that are deemed to be of public health and policy importance. Staff are working from home, and [CMAJ News](#) posts regular articles about COVID-19.

“These are unsettling times. We at *CMAJ* thank everyone who is working hard to make sure Canada’s health care systems continue to function as well as those who are faithfully following public health advice. Together we can flatten the curve of the outbreak in Canada.”

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