December 9, 2020

Dear Parent or Guardian,

A person with COVID-19 was at your child's school on December 1 and 2, 2020.

Public Health has already taken the necessary steps to protect the school community. This includes completing contact tracing to find out how the person got infected and who they were in close contact with. As part of this process, we have also:

- Called or sent letters to all staff and students who were in close contact with the person with COVID-19 and instructed them to self-isolate.

- Sent letters to any staff and/or students who need to closely self-monitor for symptoms of COVID-19. These people are not close contacts and can continue to come to school if they do not develop symptoms of COVID-19.

If you have not been contacted by Public Health, **there is no direct exposure risk at this time.** Continue with your daily health checks prior to attending school.

We ask you to:
- Please continue to send your child to school. There is no longer direct exposure risk as the person with COVID-19 is now in isolation at home.

- Continue using the Daily Health Check supplied by your school to monitor your child for symptoms as per usual.

For privacy reasons, we cannot give out any specific details on the COVID-19 exposure other than the information provided above. That said, anyone who was in close contact with that person has been contacted.

Remember: COVID-19 cases at schools are a direct reflection of community transmissions. Therefore, it is important that we all follow Public Health advice on reducing the risk of spreading COVID-19. This includes not hosting or attending parties in private residences, not gathering with anyone beyond your immediate household members, practicing good hand hygiene, physically distancing, wearing a mask in indoor public spaces, getting tested if you have any symptoms and isolating from others when you're unwell.

Sincerely,

Fraser Health, Population and Public Health
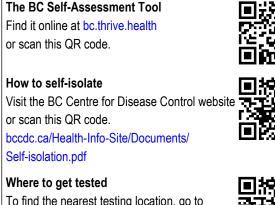COVID-19 Call Centre
604-918-7532

How does COVID-19 spread?

This virus is spread by liquid droplets in the air. These droplets get into the air when an infected person coughs, sneezes, talks, or sings. Droplets can come from their nose, mouth, or throat. These droplets can land on you if you are close by. The virus can also spread by touch. If droplets are left on objects and surfaces, you could become infected by touching these objects or surfaces. The virus enters the through the eyes, nose, or throat.

What if you or your child gets sick?

If you or your child have symptoms of COVID-19, *even mild ones*:

- Isolate that person from others at home right away.

- Get assessed using the BC Self-Assessment Tool.

- Get tested for COVID-19 as soon as possible.

  If you are not sure if you should be tested, here are your options:

  - Call 8-1-1.

  - Contact your family doctor.

  - Call the Fraser Health Virtual Care Team.
    1-800-314-0999 (10:00 a.m. to 10:00 p.m. daily)

- Follow the directions given to you by the testing location on how long to self-isolate.

The BC Self-Assessment Tool
Find it online at bc.thrive.health
or scan this QR code.

How to self-isolate
Visit the BC Centre for Disease Control website
or scan this QR code.
bccdc.ca/Health-Info-Site/Documents/
Self-isolation.pdf

Where to get tested
To find the nearest testing location, go to
fraserhealth.ca/COVID19testing
or scan this QR code

Where can you learn more?

- To speak with someone in your language, call HealthLinkBC at 8-1-1 with any questions or concerns. When you call, say your language in English three times, then wait until an interpreter comes on the phone.

- To learn more about COVID-19:

  - Go to the BC Centre for Disease Control website at bccdc.ca.
    Select 'COVID-19 for the public' or scan this QR code.

- Visit fraserhealth.ca/COVID19 for additional resources, including our school resources for parents and teachers where you will find answers to frequently asked questions. You can also scan this QR code:

A "QR code" (short for 'Quick Response' code) is a type of barcode you can scan with your smart device's camera. Once scanned, it takes you to that web page.