

February 17, 2021

To: Parents, Guardians, Staff and Students of Our Lady of Sorrows School, 575 Slocan St, Vancouver.

This letter is to inform you that a case of COVID-19 has been identified in **Kindergarten**. If you attended school between/on **February 09, 10 and 16, 2021** you may have been exposed. This exposure does not mean you are infected with COVID-19.

Public Health is requiring all staff and students from Kindergarten who attended school on February 09, 10 and/or 16, 2021 to self-isolate at home for 14 days from the last date of exposure. You may return to school on March 03, 2021.

Please refer to the Vancouver Coastal Health handout on self-isolation at: <http://www.vch.ca/covid-19/about-covid-19/self-isolation> After 14 days, daily self-monitoring should continue as usual through routine daily health checks.

Vancouver Coastal Health will continue to monitor the school and will communicate any updates to our recommendations.

If you develop new symptoms consistent with COVID-19, please go and get tested and bring a copy of this letter with you to the testing site. For more information on testing, please visit <http://www.vch.ca/covid-19/covid-19-testing>

Common symptoms of COVID-19 include:

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|------------------------------------|-------------------------|-----------------------|---------|
| * Headaches, muscle aches, fatigue | * Loss of taste & smell | * Shortness of breath | |
| * Nausea, vomiting, diarrhea | * Fever/chills | * Sore Throat | * Cough |

Do not go for testing if you do not have symptoms. Testing is not recommended while asymptomatic because results are not accurate or useful.

If your symptoms worsen, please call your health care provider and request a telephone assessment. If you do not have a health care provider, call 811 for an assessment. **If you are seriously ill and need immediate medical attention**, call 911 or go to your nearest emergency room. Please ask for a mask and inform them you may have COVID-19.

COVID-19 is spread by respiratory droplets when a person coughs or sneezes. It may also be spread by touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands. Most people who get COVID-19 experience only mild disease. A smaller number of people who get COVID-19 may experience a more moderate to severe illness, and for a minority of these cases, hospitalization may be required.

If you have any questions specific to this exposure, please call public health at 236-332-9146.

For more information on COVID-19, please visit <http://www.vch.ca/covid-19>

For more information on COVID-19 and VCH school exposures, please visit: <http://www.vch.ca/covid-19/school-exposures>

Yours sincerely,

VCH COVID-19 Public Health Response

On behalf of,
Office of the Chief Medical Health Officer, Vancouver Coastal Health

This notification is intended for use only by the individual(s) or entity to which it is specifically addressed. We ask that you refrain from distributing or circulating it further to avoid potential disclosure of confidential medical information.



COVID-19 Health File



COVID-19
Symptom Assessment Tool
bc.thrive.health



BCCDC Self-Isolation Tips