

October 24, 2020

To staff at Coast Mountain Bus Company :

Re: Possible contact with a confirmed case of COVID-19

This letter is to notify you that you **may have been exposed to COVID-19** while working at Coast Mountain Bus at 2061 Kingsway, Port Coquitlam on:

October 19, 2020 between 7:15am and 11:15am


The COVID-19 virus is spread between people by droplets. This means you need to be close enough to be exposed to saliva or mucus from the mouth, nose, or throat of the infected person. Those who have been identified to have close contact with COVID-19 will be contacted by Public Health and provided specific directions.

If you have not been directly contacted by Public Health and have worked at Coast Mountain Bus Company on any of the above dates and times, please do the following:

- Monitor your health for the following new or worsening symptoms of COVID-19 for 14 days from when you last worked during the days identified above:

- Cough	- Headache
- Fever	- Loss of appetite
- Muscle aches	- Chills
- Fatigue	- Runny nose or nasal congestion
- Sore Throat	- Loss of sense of smell or taste
- Nausea/vomiting	- Diarrhea

To help you monitor your health, use the BC Self-Assessment Tool (bc.thrive.health).




- Stay away from crowded public spaces and places where you cannot easily separate yourself from others.


If you become ill or already have symptoms:

- Isolate yourself from others as quickly as possible for 10 days starting from when you first felt sick.
- Get tested for COVID-19. Contact 8-1-1 or your doctor to find out how and where to be tested for COVID-19

How to Self-Isolate
(from the BC Centre for Disease Control)
bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf (tinyurl.com/y9cyhj3w)



Where to get tested
To find the nearest testing locations:
▪ fraserhealth.ca/health-topics-a-to-z/coronavirus/testing (tinyurl.com/ya39nkq5)



- If you do seek medical attention, we ask that you let your health care providers know by phone before you arrive that you may have been exposed to COVID-19. Wear a mask to the visit and take a copy of this letter with you.
- Call Public Health, at 604-864-3409, to report that you have signs of COVID-19 illness and have been tested for COVID-19.

If you do not have any signs of illness, you do not need to isolate yourself, see a doctor, or be tested for COVID-19. Continue to monitor your health.

We would like your help to get this message to any others who could have worked at Coast Mountain Bus at 2061 Kingsway in Port Coquitlam during this time period and might not have received this letter. Think of those who currently might not be at work, might not have access to e-mail, or who might not read English well.

Please feel free to call HealthLinkBC at 8-1-1 with any questions or concerns. We understand that you might have more questions about this exposure. Unfortunately, for privacy reasons, we cannot give out any details other than what we have given you in this letter.

For more information about COVID-19, go to the BC Centre for Disease Control website (bccdc.ca) and select 'COVID-19 for the public', use this link (tinyurl.com/r2qbly6), or scan this QR code.



Also, we have created a helpful webpage with information about COVID-19. It includes the answers to frequently asked questions. Go to fraserhealth.ca/coronavirus or scan this QR code.



About QR codes: 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.

Sincerely,

Karen E.
604-864-3409
Fraser Health
Reference: FH11337