

IMPORTANT NOTICE - PLEASE TRANSLATE!  
ĐÂY LÀ ĐIỀU QUAN TRỌNG, XIN NHỚ NGƯỜI THÔNG DỊCH ĐỪNG  
AVISO IMPORTANTE! POR FAVOR PIDA QUE SE LO TRADUZCAN  
這是重要的通告, 希請人譯讀。

November 10, 2020

To: **Staff at Coast Mountain Bus Company (11133 Coppersmith Way, Richmond, BC, V7A 5E8)**

RE: **Notification of possible exposure to COVID-19 (novel coronavirus)**

This letter is to inform you that you may have been exposed to COVID-19 on **October 20, 21, 22, 29, 30, and 31**. This exposure does not mean you are infected with COVID-19.

**If you do not have symptoms and have not been contacted by public health directly**, please **self-monitor** for the onset of symptoms associated with COVID-19 for 14 days from the last date of possible exposure **October 31**. Testing is not recommended while asymptomatic because results are not accurate or useful.

**If you develop new symptoms consistent with COVID-19**, please **self-isolate** and call us at **604-233-3155** to arrange for testing. If you seek testing prior to contacting us, please bring a copy of this letter with you to the testing site.

**If public health has determined you may have been a close contact, you will receive a call from public health**. Please follow their specific direction to **self-isolate** for 14 days from the last date of exposure.

**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.

**Common symptoms of COVID-19 include:**

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

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.

Yours sincerely,

Peter Lu  
On Behalf of,  
The 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