

Feb 10th, 2021

This letter is to notify you that you **may have been exposed to COVID-19** at:

Coast Mountain Bus Company – 307 Columbia Street, New Westminster

Public Health is requesting you monitor your health for symptoms. Please do the following:

- Monitor your health for new or worsening symptoms of COVID-19:

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

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.
- As required, wear a mask in all indoor public spaces, including workplace common areas.
- Continue to practice good hand washing, maintain physical distance and keep your social circles small.

If you become ill or already have symptoms:

- Isolate yourself as quickly as possible for 10 days from when you first felt sick.
- Get tested for COVID-19. See the 'where to get tested' links to the right, or contact 8-1-1.
- If you do seek medical attention, 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.

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

Please pass this on to others who have recently been at your location, and help those who may not have access to e-mail, or who may not read English well.

Please 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 provided in this letter.

For more information on COVID-19:

BC Centre for Disease Control
bccdc.ca
tinyurl.com/r2qbly6



Fraser Health
fraserhealth.ca/coronavirus

