

August 25, 2021

This letter is to notify you that you **may have been exposed to COVID-19** at 307 Columbia Street, New Westminster, BC on

August 13, 14 and 15, 2021

Due to this potential exposure Public Health is requesting you monitor your health for symptoms.

Monitor for Symptoms of COVID-19

Use the bc.thrive.health COVID-19 Assessment tool every day for at least 14 days from when you were last exposed or attended the site. Check for the following symptoms of COVID-19:

- Cough
- Loss of appetite
- Fever or chills
- Extreme fatigue or tiredness
- Loss of sense of smell or taste
- Headache
- Difficultly Breathing
- Body aches
- Sore Throat
- Nausea or Vomiting
- Diarrhea

If you feel well, you may continue to go to work, school and all activities. Avoid being around people who would be at a higher risk for severe COVID-19 illness, such as the elderly and people with weak immune systems due to medication use or illnesses.

Continue to practice good hand washing, maintain physical distance and keep your social circles small.

If you become ill or already have symptoms (even if mild):

- Isolate yourself as quickly as possible
- Get tested for COVID-19. See the 'where to get tested' links to the right, or contact 8-1-1.
- Remain isolated until results are negative and your symptoms have resolved
- 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

bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf
(tinyurl.com/y9cyhj3w)

Where to get tested:

fraserhealth.ca/health-topics-a-to-z/coronavirus/testing (tinyurl.com/ya39nkq5)

To book a test

Book online anytime at fraserhealth.secureform.ca
or call 604-587-3936 (8:30 a.m.- 4:30)

Get your COVID-19 Vaccine

If you have no symptoms of COVID-19 you are able to receive your COVID-19 vaccine.

If you haven't registered for your COVID-19 immunization, register at getvaccinated.gov.bc.ca or call: 1-833-838-2323 from 7 am to 7 pm daily. Translators are available. You only need to register once.

Where can you learn more?

- **Fraser Health** webpages on COVID-19 (fraserhealth.ca/COVID-19) for added resources and answers to frequently asked questions
- **BC Centre for Disease Control** website at bccdc.ca. Select 'COVID-19 for the public'
- **HealthLinkBC**: Call 8-1-1 any time, day or night, if you have any health questions or concerns. To speak with someone in your language, say your language in English 3 times, then wait until an interpreter comes on the phone.

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

We understand that you might have more questions about this exposure. Unfortunately, for privacy reasons, we cannot give out any additional details other than what we have given you in this letter.

If you have further questions you can call the COVID-19 Call Centre at 778-368-0123 and refer to this letter.

Sincerely,

Joanne

Fraser Health Population and Public Health COVID-19 Response team