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**COVID-19**
**SCHOOL NOTIFICATION LETTER**

This is important. Please have this translated.

Date: March 4, 2021

Dear Alpha Secondary School Community,

We are writing to let you know that someone with COVID-19 was at Alpha Secondary School, Burnaby, BC on:

February 22, 23, 24, 25, and 26, 2021

This is a general notification and does not mean you or your family have been exposed to COVID-19. The person involved has been isolated; as such, there is no chance of direct exposure at this time.

**A Public Health risk assessment is underway and you may receive further instructions.**

- Staff or students who are determined to have been in close contact with the case will receive a phone call or letter from Public Health with instructions to **self-isolate.**
- Some staff or students may be asked to **self-monitor** for symptoms of COVID-19.

Case and contact management for an individual case is typically completed within 48 hours of Public Health receiving notice of a confirmed case of COVID-19. Unless you are directed otherwise, please continue to attend school and use the Daily Health Check supplied by your school to monitor for signs of COVID-19. Please also remember to follow current public health orders to limit spread of COVID-19 in the community and schools.

Public Health staff works closely with the school and school district throughout the case and contact management process. Please note, only Public Health can determine who is a close contact.

For privacy reasons, we cannot give any specific details about the exposure except for what is in this letter.

Sincerely,

Fraser Health Population and Public Health
COVID-19 Call Centre
604-918-7532

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## How is COVID-19 transmitted?

This virus is spread by liquid droplets in the air. These droplets get into the air when an infected person coughs, sneezes, talks, or sings. Droplets can come from their nose, mouth or throat. These droplets can land on you if you are close by. The virus can also spread by touch. If droplets are left on objects and surfaces, you could become infected by touching these objects or surfaces. The virus enters the through the eyes, nose, or throat.

## What if staff or students develop or already have symptoms of COVID-19 - *even mild ones*?

- The person should be immediately isolated and tested for COVID-19. A list of testing locations can be found at fraserhealth.ca/COVID19testing. Book an appointment online or call 8-1-1 for help.
- The person should remain isolated while waiting for results.
- If positive for COVID-19, they must continue to self-isolate and complete the online Case and Contacts form.
- Follow the directions given by the testing location on how long to self-isolate.
- If you are not sure if testing is needed: Use the BC Self-Assessment Tool, call 8-1-1, talk to your family doctor or call the Fraser Health Virtual Care Team at 1-800-314-0999 (10:00 a.m. to 10:00 p.m. daily)

**The BC Self-Assessment Tool**
Find it online at bc.thrive.health
or scan this QR code.

**How to self-isolate**
Visit the BC Centre for Disease Control website
or scan this QR code.
bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf

**Where to get tested**
To find the nearest testing location, go to
fraserhealth.ca/COVID19testing
or scan this QR code

## Where can you learn more?

- To speak with someone in your language, call HealthLinkBC at 8-1-1 with any questions or concerns. When you call, say your language in English three times, then wait until an interpreter comes on the phone.
- To learn more about COVID-19:
  - Go to the BC Centre for Disease Control website at bccdc.ca. Select 'COVID-19 for the public' or scan this QR code.
  - Go to our web pages on COVID-19 (fraserhealth.ca/covid19) for added resources and answers to frequently asked questions or scan this QR code:

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.