



**Chilliwack
School District**

PARTNERS IN LEARNING

January 12, 2021

Dear G.W. Graham Secondary Families,

Re: Self-Monitoring Request - Confirmed Novel Coronavirus (COVID-19) Case

On January 10, we issued a letter to our entire G.W. Graham Secondary School community to provide notification that an individual who is a confirmed COVID-19 case attended G.W. Graham Secondary school on January 4, 2021.

Fraser Health Authority has provided additional information for your student. Please review the attached letter which includes important information.

If you have any health questions or concerns, please contact 8-1-1.

Sincerely,

Rohan Arul-pragasam
Interim School Superintendent

COVID-19 GW Graham Secondary School Self Monitoring Notification Letter

January 12, 2021

Re: Possible contact with a confirmed case of COVID-19 at GW Graham Secondary School, 45955 Thomas Rd, Chilliwack, BC.

This letter is to notify staff and students that you **might have been exposed to COVID-19** while at GW Graham Secondary School, 45955 Thomas Rd, Chilliwack, BC on the following date(s):

January 4, 2021

We have confirmed that a person has COVID-19. This 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. When someone with COVID-19 coughs, sneezes, talks, or sings, people close by can get infected.

Staff and students who attended GW Graham Secondary School on the above dates and times, please do the following until January 18, 2021 (**14 days after the last exposure on January 4, 2021**):

- Monitor for the following signs of COVID-19, whether new or worsening signs:

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

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



- Continue to attend school as long as you do not have symptoms (see next page)
- Continue to practice good hand washing, maintaining physical distance and keeping your social circles small.
- Stay away from crowded public spaces and places where you cannot easily separate yourself from others.

If staff or students become ill or already have any of these symptoms of COVID-19:

- Isolate away 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 get 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)



Where can you learn more?

- **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.
- **BC Centre for Disease Control** website at bccdc.ca.
Select 'COVID-19 for the public' or scan this QR code.
- **Fraser Health** webpages on COVID-19 (fraserhealth.ca/coronavirus) for added resources and answers to frequently asked questions or scan this QR code:



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.

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,

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