

COVID-19
SELF-MONITORING NOTIFICATION LETTER

This is important. Please have this translated.

April 6, 2021

You are receiving this self-monitoring letter in addition to a notification letter.

This letter is to notify staff and students who attended GW Graham Secondary School, 45955 Thomas Rd, Chilliwack, BC that you **might have been exposed to COVID-19**. The virus was confirmed to be a variant of concern. The following are the dates the person with COVID-19 was at the school.

March 29th, 30th, 31st and April 1st, 2021

Staff and students who receive this letter, must **closely** monitor for the following COVID-19 signs, whether new or worsening, until April 15, 2021 (**14 days after the last exposure on April 1, 2021**):

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

To help monitor for symptoms of COVID-19 use the BC Self-Assessment Tool (bc.thrive.health).



If Staff or Students develop symptoms of COVID-19:

- Isolate away from others as quickly as possible for 10 days starting from when symptoms first started. Learn more about [self isolation](#).
- Get tested for COVID-19 immediately. Find a list of testing locations at fraserhealth.ca/COVID19testing. You can [book an appointment online](#).
- Remain self-isolated while awaiting results.
- If the test is positive for COVID-19, continue to self-isolate and complete the [online Case and Contacts form](#).

While self-monitoring:

- Staff and Students are to continue to attend school as long as they do not have symptoms.

- Continue to practice good hand washing, maintaining physical distance and only socialize with the people you live with.
- Stay away from crowded public spaces and places where you cannot easily separate yourself from others.

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 a person if you are close by. The virus can also spread by touch. If droplets are left on objects and surfaces, a person could become infected by touching these objects or surfaces. The virus enters the through the eyes, nose, or throat.

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/COVID-19) 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.

Note: 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