

December 22, 2020

To: Staff at

MAGRATH ELEMENTARY SCHOOL PRESCHOOL CLASSROOM – MAGRATH

RE: Coronavirus (COVID-19) case: Isolation notice for close contacts

You were identified as a close contact as part of the Public Health follow-up of a case of COVID-19 at Magrath Elementary Preschool Classroom. This case last attended school on December 15 through 17, 2020. Since you were identified as a close contact while attending the school, there is a higher chance that you could have (or will have) the infection.

Under the *Public Health Act* of Alberta, Medical Officers of Health for Alberta Health Services have the responsibility to limit the spread of infectious diseases. For COVID-19, this means that you will be legally required to self-isolate for 14 days from the last exposure to this case to prevent the risk of spread to others. COVID-19 is spread mainly by coughing, sneezing or having contact with someone who is sick but even if you don't have symptoms you may be able to spread COVID-19 to other people.

This letter is to let you know that you **must not** leave your own home or participate in any activities outside of your own home, until you are no longer required to self-isolate. This includes not sharing utensils or meals, not going to work, school, childcare, places of worship, and/or any other public place. More information on isolation guidelines is available at: <https://www.alberta.ca/isolation.aspx>. Please watch for symptoms while on isolation. These may include fever, cough, shortness of breath, difficulty breathing, sore throat or runny nose. Some people with COVID-19 also have nausea, vomiting, diarrhea or just generally feel unwell.

You can leave your home to seek necessary medical care or to be tested for COVID-19. If you do leave your home to seek medical care, you must wear a mask at all times and practice hand hygiene. We recommend testing even if you have no symptoms, but testing is even more important if you feel sick. To book an appointment for testing you can go to <https://www.albertahealthservices.ca/topics/Page16944.aspx> or call 811 toll-free and provide this outbreak number **2020-6450** for the requisition. Please bring this notice with you when you attend an Assessment Center. **If you need emergency medical care, call 911** and tell them that you may have been in contact with COVID-19 so that they can make appropriate arrangements to care for you safely.

While under isolation, it is very important that you do not enter any medical facility without wearing a non-medical mask. Unless it is an emergency, please ensure you book your testing appointment prior to arriving at any medical facility. When you arrive, let health care workers that care for you know about your exposure, symptoms, or illness in anyone else in your household, so they can care for you safely.

AHS will never deny care to anyone that has COVID-19 or related symptoms. Please help us to help you, and tell us immediately if you have COVID-19, have been exposed or may have symptoms. And please wear a mask or face covering at all times in our facilities.

While isolating at home, you can help reduce spread by taking these steps:

- Make sure everyone in your household washes their hands with soap and water often. If soap and water are not readily available, you can use alcohol-based hand sanitizer if hands are not visibly dirty.
- Avoid touching your face with unwashed hands.
- Use a tissue when you cough or sneeze and throw it in a garbage bin lined with a plastic bag. Wash your hands immediately after that. If you don't have a tissue, sneeze or cough into your sleeve.
- Clean and disinfect surfaces that are used often and shared by everyone in your home such as door knobs, light switches and bathroom taps.

- If you do get sick, try to stay 6 feet or 2 metres or one hockey stick length away from other people, even members of your own family.

Your isolation will be completed and you will be able to leave your home/property, effective January 1, 2021, provided they meet the following criteria:

- You have remained symptom free the entire quarantine period (December 17, 2020 through December 31, 2020)
- Any COVID-19 tests collected from you, have come back negative

For further information regarding COVID-19, please call Health Link at 811, and/or visit the Alberta Health Services website for COVID-19: <https://www.albertahealthservices.ca/default.aspx>. For frequently asked questions for close contacts of a COVID-19 case: www.ahs.ca/covidclosecontact. You can also reach out to the AHS COVID-19 South Zone Intake line at 1-587-257-5898.

AHS Public Health will not further contact individuals who receive this notice.

Public Health, Communicable Disease Control