

IMPORTANT NOTICE - PLEASE TRANSLATE!  
ĐÂY LÀ ĐIỀU QUAN TRỌNG, XIN NHỚ NGƯỜI THÔNG DỊCH ĐÚNG  
AVISO IMPORTANTE! POR FAVOR PIDA QUE SE LO TRADUZCAN  
這是重要的通告, 希請人譯讀。

August 30, 2020

To: Staff at GCT Van Term (1300 Stewart St, Vancouver BC)

RE: Notification of possible exposure to COVID-19 (novel coronavirus)

This letter is to inform you that you may have been in contact with someone with COVID-19 from August 15, 2020 to August 23, 2020.

COVID-19 is spread by respiratory droplets when a person coughs or sneezes. It may also be spread by touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

**Common symptoms of COVID-19 include:**

- |               |                        |               |   |
|---------------|------------------------|---------------|---|
| *Fever/chills | *Loss of taste & smell | *Headache     | *Shortness of breath/difficulty breathing |
| *Cough        | *Diarrhea              | *Fatigue      |   |
| *Sore Throat  | *Nausea and vomiting   | *Muscle aches |   |

Less common symptoms include:

- |                 |                 |                                       |
|-----------------|-----------------|---------------------------------------|
| *Dizziness      | *Abdominal Pain | *Confusion                            |
| *Red runny eyes | *Rash           | *Discoloration of the fingers or toes |

Most people who get COVID-19 experience only mild disease. A smaller number of people who get COVID-19 may experience a more moderate to severe illness, and for a minority of these cases, hospitalization may be required.

**This exposure does not mean you are sick with COVID-19.** If you do not have any symptoms right now, you should self-monitor for new-onset of gastrointestinal or respiratory illness for 14 days from your last day of work within the period of August 15 to August 23. If you do not have any symptoms, testing is not recommended because it is not accurate or useful.

**If you believe you have, or if you develop, symptoms consistent with COVID-19, please self-isolate for 10 days from onset of your symptoms and call us at 604-875-5912 to arrange for testing. If you seek testing prior to contacting us, please bring a copy of this letter with you to the testing site.**

If your symptoms worsen, please call your health care provider and request a telephone assessment. If you do not have a health care provider, please call 811 for an assessment.

**If you are seriously ill and need immediate medical attention, call 911 or go to your nearest emergency room. Please ask for a mask and inform them you may have COVID-19.**

***This notification is intended for use only by the individual(s) or entity to which it is specifically addressed. We ask that you refrain from distributing or circulating it further to avoid potential disclosure of confidential medical information.***

Yours sincerely,

Emily Chow  
On Behalf of,  
The Office of the Chief Medical Health Officer, Vancouver Coastal Health



COVID-19 Health File



COVID-19  
Symptom Assessment Tool  
bc.thrive.health



BCCDC Self-Isolation Tips