

November 26, 2020

To: Parents/guardians of children at
CARDSTON HIGH SCHOOL - Physics 30, Chem 30, Instrumental Music, year-long English 30 and MW Early Morning Seminary classrooms

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

Your child(ren) were identified as a close contact as part of the Public Health follow-up of a case of COVID-19 at Cardston High School affecting the **Physics 30, Chem 30, Instrumental Music, Year-long English 30 and MW Early Morning Seminary classrooms**. This case last attended school on November 17 through 19, 2020. Since your child were identified as a close contact while attending the school, there is a higher chance that your child 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/your child 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 your child **must not** leave your own home or participate in any activities outside of your own home, until your child 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 your child 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.

Your child 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/your child have no symptoms, but testing is even more important if you/your child 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-EI-6547** 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/your child 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 your child 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 child's exposure, symptoms, or illness in anyone else in your household, so they can care for your child 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 your child 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/your child 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/your child 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 child(ren) isolation will be completed and your child(ren) will be able to leave your home/property, effective December 4, 2020, provided they meet the following criteria:

- Your child(ren) has remained symptom free the entire isolation period (November 19, 2020 through December 3, 2020)
- Any COVID-19 tests collected from your child(ren), 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