

September 24, 2021

Re: COVID-19 exposure notification

Dear Rath Eastlink Community Center Members,

Public Health is investigating a confirmed case of COVID-19 at Rath Eastlink Community Center: fitness facility. Based on our findings, you have been identified as having come in **close contact** with someone who tested positive for COVID-19 at Rath Eastlink Community center: fitness facility (625 Abenaki Road, Truro, NS) **on September 21st 2021 between 11am -12:30pm.**

Public Health requires anyone who is a **close contact to follow the instructions below** based on your COVID-19 vaccination status:

If you are FULLY VACCINATED (your second dose of COVID-19 vaccine was 14 or more days before the date of the exposure) **you are NOT required to self-isolate or be tested, unless you develop symptoms.** You are asked to:

- Self-monitor for symptoms of COVID-19 for 14 days from the exposure until October 5th. Symptoms include new or worsening cough, or two or more of the following: fever (chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.
- Anyone who develops symptoms is required to self-isolate, book a COVID-19 test, and stay isolated until you receive a negative test result.

If you are NOT FULLY VACCINATED (have not received a complete series of COVID-19 vaccine) **you are required to immediately self-isolate** whether or not you have symptoms and choose one of the following options:

Option 1: Self-isolate and,

- Book a COVID-19 test when you receive this letter.
- Book a second COVID-19 test 6 or 7 days after the exposure. **You can stop isolating only if this test is negative and you have no symptoms.** Please avoid contact with immunocompromised people (i.e. nursing homes).
- A third test is recommended on day 14 after the exposure.

Option 2: Self-isolate and,

- if you choose **NOT** to be tested on day 6/7 after the exposure you must continue isolating for a full 14 days from the exposure (October 5th at 11:59 p.m.).
- Testing also continues to be strongly recommended when you receive this letter and on day 14 after the exposure.

Information on booking your COVID-19 test:

- Please book your tests online at <https://covid-self-assessment.novascotia.ca/en> or by calling 811 and identifying yourself as a high-risk close contact of a confirmed case of COVID-19.
- Please **DO NOT** go directly to a COVID-19 pop-up rapid testing location.
- Getting tested for COVID-19 is **free**.
- You can walk, drive, bike or take a taxi to your appointment. Please **DO NOT** take a bus or ferry. If you need help with transportation, let us know when booking your appointment.

Information on self-isolation:

- Stay home. You can go out on your deck or balcony or in your yard, but you need to avoid contact with other people).
- Avoid work, school, or other public areas.
- If you do NOT have symptoms, you may leave your home for one outdoor outing per day for exercise during your self-isolation period. This outing must be within walking/running distance of your home, for a maximum of one hour. You must keep your distance from other people.
- Limit contact with people you live with as much as possible.
- Use a separate bedroom and bathroom if you can.
- Take and record your temperature daily. Avoid using fever-reducing medications (like acetaminophen or ibuprofen).
- Have groceries and other supplies delivered.
- Avoid anyone with a chronic condition or compromised immune system, and older adults.
- Do not have visitors to your home.
- Avoid taking public transportation (like a taxi, bus, ferry, or shuttle) if possible. If you do need to take public transportation, wear a mask, and keep a physical distance of 2 meters (6 feet) from others as much as you can.
- Do not take public transportation if you have COVID-19 symptoms.

More information on self-isolation is available at: <https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate>

Up-to-date information about COVID-19 is available at novascotia.ca/coronavirus.

Getting vaccinated is one of the most important and effective ways of protecting yourself, your family, and your community from COVID-19. If you haven't yet booked your vaccine appointment, visit <https://novascotia.ca/coronavirus/book-your-vaccination-appointment> or call 1-833-797-7772.

We appreciate that you may have questions and concerns, please call Public Health toll-free at 1-833-578-1893.

Thank you for your cooperation,

Public Health, Nova Scotia Health