

September 22, 2020

Dear Principal: Deborah Renton

Re: Novel Coronavirus (COVID-19) Exposure Risk at Bruce Trail Public School Before & Aftercare Program

Halton Region Public Health was notified of a person who is a COVID-19 case at the Bruce Trail Public School Before & Aftercare Program. There has been a low risk exposure identified which requires closely monitoring for symptoms for the next 14 days.

If a child or staff member develops one or more of the following symptoms, they should stay home and contact the school to report their illness.

Symptoms of COVID-19 may include:

- Fever
- Cough
- Runny nose/nasal congestion
- Sore throat
- Nausea/vomiting, diarrhea, abdominal pain
- Decreased activity/energy
- Headaches
- Croup
- Conjunctivitis (eye infection)
- Multisystem inflammatory vasculitis in children

COVID-19 is spread from person to person by coughing or sneezing or by touching contaminated surfaces or objects and then touching the eyes, nose or mouth. If you develop symptoms you must self-isolate immediately, seek testing at your local assessment centre and call Halton Region Public Health at 311. Please see attached fact sheet about self-isolation.

Here are some personal prevention measures you can follow:

- ✓ Clean your hands often with soap and water or hand sanitizer.
- ✓ Do not touch your eyes, nose or mouth without cleaning your hands first.
- ✓ Clean or disinfect shared toys, cribs, bedding, and other high touch surfaces often.
- ✓ Stay at least 2 metres (6 feet) away from sick people.
- ✓ Get enough sleep, exercise and eat a healthy diet to support your immune system.
- ✓ Everyone should get their flu shot every year, including children.

For more information, visit halton.ca or call 311.

Sincerely,

Halton Region Public Health

Regional Municipality of Halton

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