

**COVID-19  
SCHOOL NOTIFICATION LETTER**

This is important. Please have this translated.

Date: May 2, 2021

Dear Sperling Elementary Community,

We are writing to let you know that someone with COVID-19 was at Sperling Elementary, 2200 Sperling Ave, Burnaby, BC V5B 4K7 on:

April 20, 2021

This is a general notification and does not mean you or your family have been exposed to COVID-19. The person involved has been isolated; as such, there is no chance of direct exposure at this time.

**A Public Health risk assessment is underway and you may receive further instructions.**

- Staff or students who are determined to have been in close contact with the case will receive a phone call or letter from Public Health with instructions to **self-isolate**.
- Some staff or students may be asked to **self-monitor** for symptoms of COVID-19.

Case and contact management for an individual case is typically completed within 48 hours of Public Health receiving notice of a confirmed case of COVID-19. Unless you are directed otherwise, please continue to attend school and use the Daily Health Check supplied by your school to monitor for signs of COVID-19. Please also remember to follow current public health orders to limit spread of COVID-19 in the community and schools.

Public Health staff works closely with the school and school district throughout the case and contact management process. Please note, only Public Health can determine who is a close contact.

For privacy reasons, we cannot give any specific details about the exposure except for what is in this letter.

Sincerely,

Population and Public Health COVID-19 Response Team  
Fraser Health  
Phone number 778-368-0123

## How is COVID-19 transmitted?

This virus is spread by liquid droplets in the air. These droplets get into the air when an infected person coughs, sneezes, talks, or sings. Droplets can come from their nose, mouth or throat. These droplets can land on a person if you are close by. The virus can also spread by touch. If droplets are left on objects and surfaces, a person could become infected by touching these objects or surfaces. The virus enters the through the eyes, nose, or throat.

Types of virus called COVID-19 variants spread the same way as the original virus. For this reason, it is critical that students and staff follow public health recommendations to prevent the spread of COVID-19 variants. Because some COVID-19 variants may spread more easily, it is even more important to continue to follow the health and safety measures in place in schools.

## What if staff or students develop or already have symptoms of COVID-19 - *even mild ones*?

- The person should be immediately isolated and tested for COVID-19. A list of testing locations can be found at [fraserhealth.ca/COVID19testing](https://fraserhealth.ca/COVID19testing). [Book an appointment online](#) or call 8-1-1 for help.
- The person should remain isolated while waiting for results.
- If positive for COVID-19, they must continue to self-isolate and complete the [online Case and Contacts form](#).
- Follow the directions given by the testing location on how long to self-isolate.
- If you are not sure if testing is needed: Use the BC Self-Assessment Tool, call 8-1-1, talk to your family doctor or call the Fraser Health Virtual Care Team at 1-800-314-0999 (10:00 a.m. to 10:00 p.m. daily)

### The BC Self-Assessment Tool

Find it online at [bc.thrive.health](https://bc.thrive.health) or scan this QR code.



### How to self-isolate

Visit the BC Centre for Disease Control website or scan this QR code. [bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf](https://bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf)



### Where to get tested

To find the nearest testing location, go to [fraserhealth.ca/COVID19testing](https://fraserhealth.ca/COVID19testing) or scan this QR code



## Where can you learn more?

- To speak with someone in your language, call HealthLinkBC at 8-1-1 with any questions or concerns. When you call, say your language in English three times, then wait until an interpreter comes on the phone.
- To learn more about COVID-19:
  - Go to the BC Centre for Disease Control website at [bccdc.ca](https://bccdc.ca). Select 'COVID-19 for the public' or scan this QR code.
  - Go to our web pages on COVID-19 ([fraserhealth.ca/covid19](https://fraserhealth.ca/covid19)) for added resources and answers to frequently asked questions or scan this QR code:

