

August 13, 2021

This letter is to notify you that Fraser Health along with First Nations Health Authority, is following up a number of cases affecting First Nations communities. A number of potential exposure events have been identified in the area. Anyone who attended the following events **may have been exposed to COVID-19:**

Kamloops BaseBall Tournament	July 30- Aug 2, 2021
Tzeachten BaseBall Tournament in Chilliwack	Aug 7 and Aug 8, 2021
Jam Fest Boston Bar (Tuckkwiowhum Village)	August 2, 2021
Concert in the Park in Chilliwack	August 7, 2021

In addition, there were a few other cultural events or grief gatherings in homes or community facilities that occurred in the following communities; Boothroyd, Chawathil and Seabird Island the week of Aug 1-7, 2021.

Due to these potential exposures Public Health is requesting you monitor your health for symptoms of COVID-19.

Monitor for Symptoms of COVID-19

Use the bc.thrive.health COVID-19 Assessment tool every day for at least 14 days from when you last attended any of the above events. Check for the following symptoms of COVID-19:

- Cough
- Fever or chills
- Loss of sense of smell or taste
- Difficultly Breathing
- Sore Throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or Vomiting
- Diarrhea

If you feel well, you may continue to go to work, school and all activities. **Avoid being around people who would be at a higher risk for severe COVID-19 illness**, such as the elderly and people with weak immune systems due to medication use or illnesses. Children under 12 would also be at risk for getting COVID-19 as they can not be vaccinated at this time.

Continue to practice good hand washing, maintain physical distance and keep your social circles small.

If you become sick or already have symptoms (even mild ones):

- Isolate yourself as quickly as possible
- Get tested for COVID-19. See the 'where to get tested' links to the right, or contact 8-1-1.
- Remain isolated until results are negative and your symptoms have resolved
- If you do seek medical attention, let your health care providers know by phone before you arrive that you may have been exposed to COVID-19. Wear a mask to the visit and take a copy of this letter with you.

How to Self-Isolate

bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf

Where to get tested:

fraserhealth.ca/health-topics-a-to-z/coronavirus/testing

To book a test

Book online anytime at fraserhealth.secureform.ca
or call 604-587-3936 (8:30 a.m.- 4:30)

If you test positive, to help reduce the spread of COVID-19 to others in your community, Public Health will contact you to identify others who may have been exposed. **Your information will not shared with others.**

No matter whether you have signs of illness or not, if you are recommended to self-isolate by Public Health and you test negative for COVID-19, you must continue to self-isolate for the full 10 days from when you last attended any of the events.

Isolation

If you are advised to self isolate by Public Health or if you have symptoms of COVID-19:

- Stay at home.
- Stay away from others in the home.
- Use a separate bathroom if possible.
- Get basics like groceries and medications brought to you by someone not in self-isolation.
- You can exercise outside as long as you can stay at least 2 metres away from others.

Do not go to work, school, or other public areas (such as grocery stores, shopping malls, fitness centres, or places of worship).

Do not have visitors.

Do not share personal items with others.

Do not use public transport.

If you need any FNHA supports for testing or isolation, contact FNHA at: systems.support@fnha.ca or call 604-743-0653 OR Fraser Health Aboriginal Liaison Line: 1(866) 766-6960

Get your COVID-19 Vaccine

If you have no symptoms of COVID-19 you are able to receive your COVID-19 vaccine.

If you haven't registered for your COVID-19 immunization, register at getvaccinated.gov.bc.ca or call: 1-833-838-2323 from 7 am to 7 pm daily. Translators are available. You only need to register once.

COVID-19 vaccine helps to reduce the risk of serious illness, being hospitalized and death.

Depending on if you have received any doses of vaccine or when you got your vaccine, you may be asked to self-isolate by Public Health.

Indigenous COVID-19 vaccination clinics are open for walk-ins. If you can not make it to a clinic for any reason, contact FNHA at 604-743-0653 to arrange for someone to come to your home to give you the vaccine or call the Fraser Health Aboriginal Liaison Line at 1-(866)-766-6960

Where can you learn more?

- **Fraser Health** webpages on COVID-19 (fraserhealth.ca/COVID-19) for added resources and answers to frequently asked questions
- **BC Centre for Disease Control** website at bccdc.ca. Select 'COVID-19 for the public'
- **HealthLinkBC**: Call 8-1-1 any time, day or night, if you have any health questions or concerns. To speak with someone in your language, say your language in English 3 times, then wait until an interpreter comes on the phone.

Please pass this on to others who may have been exposed, and help those who may not have access to e-mail, or who may not read English well.

We understand that you might have more questions about these exposure. Unfortunately, for privacy reasons, we cannot give out any additional details other than what we have given you in this letter.

If you have further questions you can call the COVID-19 Call Centre at 778-368-0123 and refer to this letter.

Sincerely,

Fraser Health Population and Public Health COVID-19 Response team