



WEENEEBAYKO AREA HEALTH AUTHORITY

19 Hospital Drive, P.O. Box 664, Moose Factory, ON P0L 1W0
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www.waha.ca

November 18, 2020

RE: Possible exposure to COVID-19 on Polar Bear Express Train in the James and Hudson Bay Region

To our community members:

The Weeneebayko Area Health Authority is confirming that the Porcupine Public Health Unit and Moose Cree First Nation are currently investigating a potential community exposure to COVID-19 on the Polar Bear Express train, on the travel day of November 13th, 5:00pm from Moosonee to Cochrane.

At present, Moose Factory Health Centre and Porcupine Health Unit are completing the contact tracing. All individuals who travelled in coach two, rows five to nine are identified as potentially being at risk. They are advised to self-isolate immediately. As more information becomes available, we will be providing updates.

At this time, we recommend that everyone continue to monitor for symptoms. If any symptoms develop, isolate immediately and call your public health centre or your health care provider to arrange testing.

Symptoms can include:

- Fever
- Sore throat
- New or worsening cough
- Decrease or loss of sense of taste or smell
- Shortness of breath
- Nausea and/or vomiting
- Runny nose/nasal congestion
- Diarrhea
- Abdominal pain

In some cases, atypical symptoms could develop such as unexplained fatigue or malaise, muscle aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of current chronic conditions, chills, headaches, croup, conjunctivitis, or decreased appetite.

If you have any questions, please don't hesitate to contact your local Health Center (e.g. Moose Cree Health Centre at 705-658-4220 or the Porcupine Health Unit at 705-336-2294 x 326) for more information.

To reduce the risk of exposure, please continue to follow public health measures:

- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth
- Stay home and isolate for 14 days if you have any symptoms
- Practice 2 m physical distancing
- Wear a mask or face covering in indoor public spaces and outdoors when physical distancing of 2 metres/6 feet cannot be maintained.

Should you have questions, please contact WAHA at 705-658-4544 or visit our [website](#) for continued updates.

Thank you,

Dr Elaine Innes, Chief of Staff, WAHA
Lynne Innes, President & Chief Executive Officer, WAHA