



## WEENEEBAYKO AREA HEALTH AUTHORITY

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### RE: Possible Exposure to Covid-19 Case

To our community members:

As a follow up to Porcupine Health Unit's announcement yesterday regarding a confirmed COVID-19 case from out of region and our subsequent statement to notify the community that in fact this case is self-isolating in Moose Factory, we wanted to inform the public that there are now 2 confirmed cases of COVID isolating within our community. There are other contacts under investigation being followed by Public Health. Thus far all high-risk exposures have been notified and isolated by our local Public Health units.

In general, for COVID-19, a close contact is anyone who was within 2 metres or 6 feet of an infected person for at least 15 minutes during the time of infectivity. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19. Passing a person in the hallway or in a store is generally not considered close contact and has an extremely low risk of spreading the virus. Public Health will contact you if you are considered a close contact.

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

Symptoms can include:

- Fever
- Sore throat/hoarse voice
- New or worsening cough
- Loss of sense of taste or smell
- Shortness of breath
- Nausea, vomiting
- Runny nose/nasal congestion
- Diarrhea

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.

If you have any questions, please don't hesitate to contact WAHA, Moose Factory Health centre or the Porcupine Health Unit 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 in indoor public spaces and outdoors when physical distancing of 2 metres/6 feet cannot be maintained.
- If you have travelled outside of the region, please follow the community recommendations for self-isolation and report to the Public health department to inform them of your arrival.

Thank you,

Dr. Elaine Innes, Chief of Staff, WAHA

Lynne Innes, President & Chief Executive Officer, WAHA