

October 8, 2020

To: All Staff and Patrons of Hollyburn Country Club (950 Cross Creek Road, West Vancouver, V7S 2S5)

Re: **Notification of possible exposure to COVID-19 (novel coronavirus)**

This letter is to inform you that you may have been exposed to COVID-19 on **October 1st to October 6th, 2020**. This exposure does not mean you are infected with COVID-19.

You are advised to self-monitor for any symptoms until **October 20th, 2020**. Testing is not recommended while asymptomatic.

If you develop symptoms consistent with COVID-19, please **self-isolate** and go for testing.

If your symptoms worsen, please call your health care provider and request a telephone assessment. If you do not have a health care provider, call 811 for an assessment.

If you are seriously ill and need immediate medical attention, call 911 or go to your nearest emergency room. Please ask for a mask and inform them you may have COVID-19.

COVID-19 is spread by respiratory droplets when a person coughs or sneezes. It may also be spread by touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Common symptoms of COVID-19 include:

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|----------------------------------|-----------------------|-----------------------|---------|
| * Headaches/muscle aches/fatigue | * Fever/chills | * Sore throat | * Cough |
| * Nausea/vomiting/diarrhea | * Loss of taste/smell | * Shortness of breath | |

Most people who get COVID-19 experience only mild disease. A smaller number of people who get COVID-19 may experience a more moderate to severe illness, and for a minority of these cases, hospitalization may be required.

Yours Sincerely-

North Shore/Coast Garibaldi Pod 8 COVID-19 Contact Tracing Team
Vancouver Coastal Health
(604) 983-6714

On Behalf of:

The Office of the Chief Medical Health Officer,
Vancouver Coastal Health

This notification is intended for use only by the individual(s) or entity to which it is specifically addressed. We ask that you refrain from distributing or circulating it further to avoid potential disclosure of confidential medical.



COVID-19 Health File



COVID-19
Symptom Assessment Tool
bc.thrive.health



BCCDC Self-Isolation Tips