

Updated September 29, 2021

COVID-19 EXPOSURE NOTIFICATIONS IN SCHOOLS FREQUENTLY ASKED QUESTIONS

My school sent home an Exposure Notification Letter – What does this mean?



- This notice does not mean that your child has COVID -19.
- This notice is a general letter to advise students and their parents/caregivers of a possible exposure to COVID-19.
- Please read your letter carefully. Some letters indicate a risk of exposure at the classroom level, while other letters indicate that your child is a close contact.

What is a “close contact”?



- Northern Health determines who is a “close contact” according to a set of standard provincial exposure criteria (e.g. distance, duration, ventilation, mask use, body fluid contact).
- Low-risk, non-close contacts are generally not notified individually, as transmission to non-close contacts is rare. Most members of a classroom or learning group are typically considered non- close contacts.

What do I do?



- If Northern Health identifies anyone at the school that needs to self-monitor or self-isolate, they will be contacted directly by Northern Health. That contact often occurs within 24 to 48 hours, however, may be shorter or longer depending on the circumstances. This may be in the form of a letter or a phone call.
- Read your COVID Notice of Exposure letter carefully. Northern Health has different letters for different situations.
- If you do not receive a phone call or letter, please continue to attend school and monitor for symptoms compatible with COVID-19 as per the school protocols.

Will we be informed of who tested positive and was in the school?



Privacy Policy

- No. Schools cannot disclose any personal information.

What are the common symptoms of COVID-19?



COVID-19

- The common symptoms of COVID-19 include: cough, fever/chills, shortness of breath/difficulty breathing, loss of taste and smell, headaches, muscle aches, fatigue, nausea, vomiting, diarrhea and sore throat.
- It is important to remember that all visitors to the school, school staff and secondary students are required to wear masks.

Are there supports available?



- For more information on COVID-19 and testing, visit www.northernhealth.ca/health-topics/covid-19-information
- Yes, Northern Health has provided information on the following supports:

Self-isolation supports:

Prescription refill:

- [First Nations Virtual Doctor of the Day](#) (FNHA)
Toll-free: 1-855-344-3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)
- [Northern Health Virtual Clinic](#) (Northern Health)
Toll-free: 1-844-645-7811 (10 am to 10 pm, 7 days a week)

Mental health and substance use:

- [Mental health and substance use](#) (Northern Health)
Search for programs and services to assist persons and their family experiencing difficulties with mental health and/or substance use. Many mental health and substance use services are available through your primary health care team. You can [contact your team directly](#) to find out what services they offer.
- [Alcohol & Drug Information Referral Service](#) (HealthLinkBC)
Toll-free: 1-800-663-1441 (24 hours a day, 7 days a week)
Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).
- [First Nations Virtual Doctor of the Day](#) (FNHA)
Toll-free 1-855-344-3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)
Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.
- [Northern Health Virtual Clinic](#) (Northern Health)
[Toll-free: 1-844-645-7811](#) (10 am to 10 pm, 7 days a week)
Provides primary and community care services and COVID-19 assessments for those experiencing symptoms.
- [Mental health and cultural supports during COVID-19](#) (FNHA)
This one-page document summarizes mental health and cultural supports available.
- [Inclusive Toolkit Provides Mental Health and Wellness Supports for COVID-19](#) (FNHA)
This online toolkit of resources aim to help cope with the challenges in our lives that can be stressful, overwhelming and cause strong emotions.

For Indigenous close contacts:

- If you are First Nations, your Health Director may be able to provide additional supports or contact [First Nations Health Benefits](#) toll-free: 1-888-305-1505 (Monday to Friday 8:30 am to 4:30 pm and on weekends and statutory holidays from noon to 4:00 pm)
- If you are Métis, contact the [Métis Crisis Line](#): 1-833-638-4722 (24 hours a day, 7 days a week)