

**April 8, 2021**

To: Parents, Guardians, Staff and Students of **Prince Rupert Middle School - Prince Rupert.**

This letter is to inform you that a COVID-19 exposure has been identified in Prince Rupert Middle School. The exposure occurred on **March 29<sup>th</sup>, 2021**. Please be reassured that the current COVID safety plans in our schools, when followed correctly, are very effective in preventing transmission.

Public Health is working to identify any close contacts among staff or students. **Anyone identified as a close contact will be notified directly by public health** and asked to isolate for 14 days from their last date of possible exposure.

If you do not receive a call from public health, your risk of exposure is considered to be very low and we do not recommend that you isolate at this time. You and your household can continue with your normal daily activities. We will continue to monitor the school and will communicate any updates to our recommendations. New illness related to this school exposure may occur up to 14 days from the last date of exposure. We therefore recommend self-monitoring for signs of illness until **April 12<sup>th</sup>, 2021 at midnight**. The standard [K-12 Daily Health Check](#) is the best way to monitor for symptoms. If you develop new symptoms consistent with COVID-19 within those 14 days, please seek testing and bring a copy of this letter with you to the testing site. After 14 days, daily self-monitoring should continue due to potential for ongoing exposure in the community.

**Please DO NOT seek COVID testing if you do not have symptoms. Testing is not recommended while asymptomatic because results are not accurate or useful.**

Key symptoms of COVID-19 include:

- Cough
- Loss of taste and smell
- Shortness of breath
- Fever/chills
- Nausea, vomiting, diarrhea

**If you or your child have symptoms, please call your Primary Care Provider or the Northern Health Virtual Clinic for an assessment and testing: 1-844-645-7811**

If you or your child has symptoms, please remember to complete the [K-12 Daily Health Check](#) or visit the [BCCDC Symptoms](#) website.

There are many things you can do to prevent the spread of COVID-19 in your community. Please visit the [BCCDC website](#) or the [BCCDC Schools](#) website for more information.

In health,



Dr. Rakel Kling MSc, MPH, FRCPC  
Medical Health Officer  
**Northern Health**