



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

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December 20, 2020

Dear Parent/Guardian of Students at Ecole Seven Oaks Middle School,

Manitoba public health officials advised the school today of a confirmed case of COVID-19 present in the school on December 15 and 16, 2020 when the individual may have been infectious.

The school is working closely with public health officials and following their recommendations. Close contacts are being advised to self-isolate and affected class(es) are being advised to monitor for symptoms and seek testing if symptoms develop.

Please note: the school is not permitted to release the name or any identifying information about the confirmed case of COVID-19 to any member of the school, community or media.

If you have not been contacted by public health, your child has not been identified as being exposed to COVID-19 from this case. However, if your child develops a new onset or worsening of any one symptom listed in Column A or any two or more symptoms listed in Column B (see table below), even if they are mild, immediately isolate them from others. It is recommended your child get tested for COVID-19 as soon as symptoms appear. You may go directly to the nearest COVID-19 testing location during their open hours. For the testing site nearest you, please visit gov.mb.ca/covid19/locations.html, or call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257. Public health officials are also advising anyone who is symptomatic, or has a household member who is symptomatic, that the entire household needs to self-isolate pending COVID-19 test results.

A	B
Fever/Chills	Runny nose
Cough	Muscle aches
Sore throat/hoarse voice	Fatigue
Shortness of breath/difficulty breathing	Pink eye (conjunctivitis)
Loss of taste or smell	Headache

Vomiting or diarrhea for more than 24 hours	Skin rash of unknown cause
	Nausea or loss of appetite
	Poor feeding (if an infant)

Please note: individuals with symptoms outlined in columns A and B, who choose not to be tested, must isolate for a minimum of 10 days following the start of symptoms. Isolation can be stopped at day 10 if the individual has been symptom-free for 24 hours.

For more public health information about COVID-19, please visit <https://manitoba.ca/covid19/updates/resources.html>.

Sincerely,

Winnipeg Regional Health Authority Public Health