



Winnipeg Regional Health Authority  
Caring for Health

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

490 Hargrave Street  
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[www.wrha.mb.ca](http://www.wrha.mb.ca)

490, rue Hargrave  
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November 11, 2020

Gordon Bell High School  
3 Borrowman Pl.  
Winnipeg, MB  
R3G 1M6

Dear student at Gordon Bell Off Campus Program,

Manitoba public health officials advised Gordon Bell High School of a confirmed case of COVID-19 in your cohort on October 29, 30 and November 2, 2020 when this individual may have been infectious.

Gordon Bell High School is working closely with public health officials and following their recommendations. Based on the public health investigation, this exposure was assessed to be low risk overall for the school community. The infection is not believed to be acquired at school.

If you are receiving this letter you do not need to isolate (quarantine). However, public health is recommending that you self-monitor for symptoms until November 16 and seek testing if symptoms develop effective today.

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

If you develop 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 from others. It is recommended you 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 <https://www.gov.mb.ca/covid19/updates/testing.html>, or call Health Links—Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

| 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,



Dr. Jordyn Lerner  
 Medical Officer  
 Manitoba Health, Seniors and Active Living