



St. Thomas Site
Administrative Office
1230 Talbot Street
St. Thomas, ON
N5P 1G9

Woodstock Site
410 Buller Street
Woodstock, ON
N4S 4N2

Nov 5, 2020

Holy Trinity Church
1420 Devonshire Ave
Woodstock, ON N4T 0M7

Dear Church Member:

You are receiving this letter because **you may have had contact** with someone with the novel coronavirus (COVID-19). Because the person followed public health measures like physical distancing and masking, the risk to others in attendance at this service is considered low.

Southwestern Public Health recommends you **monitor for symptoms of infection for 14 days: October 25 – November 8, 2020.**

Symptoms of COVID-19 include:

- Fever
- New or worsening cough
- Shortness of breath, difficulty breathing
- Sore throat, difficulty swallowing
- Loss of taste or smell
- Upset stomach, vomiting, diarrhea
- Runny nose or stuffy nose
- Pneumonia
- Unexplained fatigue, body aches or muscle aches
- Headaches
- Confusion

If you have questions, or you develop symptoms, please contact your health care provider or Southwestern Public Health (519-631-9900 ext. 1232 or 1-800-922-0096 ext. 9) or use this online self-assessment tool to see if you need further care: www.covid19checkup.ca.

Important: If you get sick, please do not go to work, to the store, or to visit others.

For more information, please see attachments on **How to Self-Monitor and visit:** <https://files.ontario.ca/moh-coronavirus-info-sheet-english-2020-02-18.pdf>.

Sincerely,

Dr. Joyce Lock
Medical Officer of Health

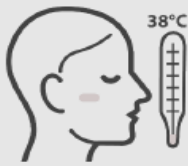
Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on [how to self-isolate](#)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

Contact your public health unit:

Southwestern Public Health

519-631-9900 ext. 1232

1-866-922-0096 ext. 9

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of May 17, 2020

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