



COMMUNITY MEMO



Date: January 8, 2021

School: Southwood

Name: Mrs. Lowes

This letter is to let you know of a high-risk exposure case of the Novel Coronavirus (COVID-19) in our school community. We have been working with the Windsor-Essex County Health Unit (WECHU) by providing lists of students and staff who may have been in contact with the individual. If you have not been contacted, you or your child (ren) have not been identified as close contacts. The WECHU is contacting any individuals (students and staff) who have an identified high-risk exposure with the confirmed case, and will give directions to follow.

Please continue to monitor yourself or your child for symptoms of COVID-19 each morning. If you or your child is ill, please remain at home and call your health care provider for further direction. People with COVID-19 may have little to no symptoms; some symptoms are similar to the common cold or flu. Symptoms range from mild to severe. The most common symptoms include:

- Fever
- Cough
- Difficulty breathing
- Change in smell or taste

COVID-19 spreads from close contact with the respiratory droplets of a person infected with the virus. Respiratory droplets can be released into the air by coughing, sneezing, talking, and normal breathing. It is possible for a person to get the COVID-19 by touching surfaces that have the virus on it and then touching their mouth, nose, or eyes.

To protect against COVID-19:

- Wash hands more often with soap and water or use an alcohol based hand sanitizer
- Cover your cough and/or sneeze with a tissue or sleeve
- Maintain 2 metres physical distancing between yourself and others
- Wear a mask or face coverings
- Stay home when you are sick

Please visit our school's webpage for up-to-date information about COVID-19 cases. Additionally, please visit the Windsor-Essex County Health Unit's page at wechu.org/cv if you are looking for more information.