

March 7, 2020

Dear Residents & Families,

We are writing to notify you that there is an **outbreak of COVID-19** at Lynn Valley Care Center Lodge. Vancouver Coastal Health is working with Lynn Valley Care Center to resolve the outbreak and take steps to protect the health of all residents and staff.

Cases of COVID-19 have been isolated in their rooms. Residents who have no symptoms will be monitored closely. We do not recommend testing for residents who have no symptoms because the test is not reliable in the absence of symptoms. **Residents who develop symptoms will receive the care that they need.**

COVID-19 is a respiratory illness. It can spread through droplets when a person coughs or sneezes, or touching the virus with your hands then touching your face before washing your hands. Symptoms of COVID-19 may be mild or severe. These may include low grade fever, cough, malaise, runny nose, fatigue, sore throat, nausea, vomiting and/or diarrhea. More severe symptoms could include fever, shortness of breath, difficulty breathing and/or chest pain. Most people will experience mild illness.

Outbreak control measures have been put in place at Lynn Valley Care Center Lodge. This may result in some residents being confined to their rooms, including during mealtimes. You may also notice restrictions to group activities, and non-essential services. These precautions prevent the spread of respiratory illnesses, and are standard approaches used in care facilities during seasonal Influenza outbreaks. **The facility will continue to accept visitors.**

- 1) Symptomatic visitors should not visit except for compassionate/exceptional circumstances
- 2) Restrict your visits to a single room or resident
- 3) Exercise excellent hand hygiene, and follow all infection control signs posted in the facility

As it is still flu season, we do ask visitors who have not received the seasonal flu vaccine to limit their visit. For general information about COVID-19 call 811, or visit HealthLinkBC:

<https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>

Yours Sincerely,



Mark Lysyshyn MD MPH FRCPC
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Vancouver Coastal Health