

March 7, 2020

Dear Staff of Lynn Valley Care Center Lodge,

We are writing to notify you that an **outbreak of COVID-19** has been declared at Lynn Valley Care Center Lodge. Vancouver Coastal Health is working with Lynn Valley Care Center to identify anyone who may have been exposed and take steps to protect the health of all residents and staff.

We have instituted outbreak control measures at the facility and are asking all staff members of the Lodge to **self-monitor for symptoms until the outbreak is over**. If you have no symptoms, swabbing to test for COVID-19 is not recommended.

If you develop symptoms, you are asked to self-isolate and **to contact public health at 604-675-3900** to report your symptoms and to have testing arranged for you. If you need to seek medical attention prior to speaking with public health we ask that you wear a mask and let the health providers know by phone before you arrive that you are self-isolating due to possible exposure to COVID-19.

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.

We are taking steps to ensure that it is safe for you to continue to work at Lynn Valley Care Center Lodge. Vancouver Coastal Health will be providing infection control support to Lynn Valley Care Center throughout this time. Residents are being closely monitored for symptoms and standard infection control measures are effective in protecting staff from infection. Please note that it is not necessary to wear personal protective equipment including, gloves, gowns and masks when caring for residents who are well.

We are asking that you do not work in any other health care settings until the outbreak is declared over.

Yours Sincerely,



Mark Lysyshyn MD MPH FRCPC
Deputy Chief Medical Health Officer
Vancouver Coastal Health