



# Public Health

October 1, 2021

## Re: COVID precaution notification at Dalhousie University, Dentistry Building

Dear Students/Faculty/Staff,

Public Health is investigating a confirmed case of COVID-19 in the community. Based on our findings, **you may have had a community exposure to COVID-19 at Dalhousie University on September 28 between 12:10 p.m. and 12:30 p.m. in the Dentistry Building outside of classroom 3157.**

Public Health will only follow-up directly with close contacts that are determined through our investigation. At this time, you are not considered a close contact. However, **Public Health requires anyone who has had an exposure to COVID-19 to follow the instructions below based on your COVID-19 vaccination status:**

**If you are fully vaccinated\*** (your second dose of COVID-19 vaccine was 14 or more days before the date of the exposure):

**You are NOT required to self-isolate or to be tested, unless you develop symptoms.**

- Self-monitor for symptoms of COVID-19 for 14 days from the exposure until **October 12.** Symptoms include a new or worsening cough, or two or more of the following: fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.
- Anyone who develops symptoms is required to self-isolate, book a COVID-19 test, and stay isolated until you receive a negative test result.

*\*Fully vaccinated is defined as:*

- *Two doses of a Health Canada-authorized two-dose vaccine: Pfizer, Moderna or AstraZeneca/COVISHIELD, or*
- *One dose of a Health Canada-authorized one-dose vaccine: Janssen (J&J) **plus** one dose of a Health Canada-approved mRNA vaccine (Pfizer or Moderna), or*
- *Complete series of a non-Health Canada-authorized vaccine **plus** one dose of a Health Canada-approved mRNA vaccine (Pfizer or Moderna)*

**If you are not fully vaccinated** (you have only had one dose of COVID-19 vaccine or have not received any COVID-19 vaccine) you are at risk of contracting COVID-19 and are required to do the following:

- **You do NOT need to isolate, unless you develop symptoms.**
- **We strongly recommend you get tested at least 72 hours after the exposure** whether or not you have symptoms.
- Self-monitor for symptoms of COVID-19 for 14 days from the exposure until **October 12.** Symptoms include a new or worsening cough, or two or more of the following: fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.
- Anyone who develops symptoms is required to self-isolate, book a COVID-19 test, and stay isolated until you receive a negative test result.

**For those who require COVID-19 testing, visit <https://covid-self-assessment.novascotia.ca/en> or call 811 if you don't have online access or if you have other symptoms that concern you.**



# Public Health

**We encourage all eligible Nova Scotians to get fully vaccinated as soon as possible.** To book an appointment, visit <https://novascotia.ca/coronavirus/book-your-vaccination-appointment/> or call (toll-free) 1-833-797-7772.

Thank you for your cooperation,  
Public Health, Nova Scotia Health