December 12, 2021

Re: COVID-19 exposure notification at Dalhousie University: DALPLEX

Dear students/faculty/staff,

Public Health is investigating a confirmed case of COVID-19 in the community. Based on our findings, you have been identified as having come in close contact with someone who tested positive for COVID-19 at Dalhousie University in the following class on the specific date and time:

Dalplex Fitness studio with weights
6260 South St, Halifax, NS
December 8th from 7 pm- 10:30 pm

Public Health requires anyone who is a close contact to follow the instructions below based on your COVID-19 vaccination status:

- **FULLY VACCINATED** means your final dose of a COVID-19 vaccine series was received at least 14 days before the first exposure.
- Otherwise, you are considered **NOT FULLY VACCINATED** against COVID-19.

*Fully vaccinated is defined in Nova Scotia as:
- 2 doses of AstraZeneca or COVISHIELD
- 2 doses of Moderna
- 2 doses of Pfizer
- 2 doses of a combination of COVID-19 vaccines (AstraZeneca, COVISHIELD, Moderna and Pfizer)
- 1 dose of Janssen (Johnson & Johnson)
- Complete series of a COVID-19 vaccine authorized by the World Health Organization.

**If you are FULLY VACCINATED:**
- Self-isolate immediately whether you have symptoms or not.
- **Book a PCR COVID-19 test** as soon as you receive this letter.
- **Continue to self-isolate until you receive a negative test result.**
- Monitor for symptoms of COVID-19 for 14 days from the exposure (until December 22nd). Symptoms include new or worsening cough, or two or more of the following: fever (chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.
- If you have or develop symptoms you are required to self-isolate, book a PCR COVID-19 test, and stay isolated until you receive a negative test result. Public Health recommends testing at least 48 hours after the start of symptoms.

**If you are NOT FULLY VACCINATED, you are required to immediately self-isolate** whether or not you have symptoms and choose one of the following options:

- **Option 1:** Self-isolate and,
  - Book a PCR COVID-19 test (not a rapid antigen test) when you receive this letter.
  - Self-isolate until you receive a negative test result.
A third PCR test is recommended on day 14 after the last exposure (December 22\textsuperscript{nd})

**Option 2:** Self-isolate and,
- if you choose NOT to be tested on day 6/7 after the last exposure you must continue isolating for a full 14 days from the last exposure (December 22\textsuperscript{nd} at 11:59 p.m.).
- Testing continues to be strongly recommended when you receive this letter and on day 14 after the last exposure.

**Information on booking your COVID-19 test:**
- Please DO NOT go directly to a COVID-19 pop-up rapid testing location.
- Getting tested for COVID-19 is free.
- You can walk, drive, bike or take a taxi to your appointment. Please DO NOT take a bus or ferry.
- If you need help with transportation, let us know when booking your appointment.

**Information on self-isolation:**
- Stay home. You can go out on your deck or balcony or in your yard, but you need to avoid contact with other people).
- Avoid work, school, or other public areas.
- If you do NOT have symptoms, you may leave your home for one outdoor outing per day for exercise during your self-isolation period. This outing must be within walking/running distance of your home, for a maximum of one hour. You must keep your distance from other people.
- Limit contact with people you live with as much as possible.
- Use a separate bedroom and bathroom if you can.
- Take and record your temperature daily. Avoid using fever-reducing medications (like acetaminophen or ibuprofen).
- Have groceries and other supplies delivered.
- Avoid anyone with a chronic condition or compromised immune system, and older adults.
- Do not have visitors to your home.
- Avoid taking public transportation (like a taxi, bus, ferry, or shuttle) if possible. If you do need to take public transportation, wear a mask, and keep a physical distance of 2 meters (6 feet) from others as much as you can.
- Do not take public transportation if you have COVID-19 symptoms.

More information on self-isolation is available at: [https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate)

Up-to-date information about COVID-19 is available at [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus).

Getting vaccinated is one of the most important and effective ways of protecting yourself, your family, and your community from COVID-19. If you haven’t yet booked your vaccine appointment, visit [https://novascotia.ca/coronavirus/book-your-vaccination-appointment](https://novascotia.ca/coronavirus/book-your-vaccination-appointment) or call 1-833-797-7772.

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