



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

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FEBRUARY 11, 2021 – The Community Health Nurse in Charge and the COVID Response Team for the Mohawks of the Bay of Quinte are advising anyone who visited **Fast Freddy's** on **January 26, 27 or 28** or **49 Quik Stop** on **February 4 or 8** that they may have had a low risk exposure to COVID-19. Anyone who visited these businesses on these days must self-monitor and if symptoms of COVID-19 develop, seek testing, even if symptoms are very mild.

An individual that was in this establishment during these dates was exposed to a positive case of COVID-19. While the COVID Response Team does not typically disclose the location of COVID-19 cases in order to protect individuals' privacy, this information is disclosed when needed in order to meet public health objectives such as prompt notification of potential contacts and reducing the risk of further transmission. **Fast Freddy's** and **49 Quik Stop** continues to follow all guidelines outlined by public health to ensure the safety of customers, staff and the community.

The Mohawks of the Bay of Quinte Community Wellbeing Centre is working with the businesses and the businesses are continuously sanitizing and ensure that staff are self-monitoring and pre-screening prior to commencing their shifts.

Community Health has contacted all high-risk contacts related to this case. All high risk contacts have been instructed by Community Health to self-isolate immediately and to get tested. High risk contacts are required to remain in isolation for a minimum of 14 days after their exposure, regardless of test results.

While low risk contacts are instructed to monitor for symptoms, they are not required to isolate unless symptoms develop or they are otherwise instructed to do so by the Community Health Nurse in Charge. Any individuals who develop symptoms must isolate immediately, book an appointment at the Community Wellbeing Centre and get tested. It is understood that individuals will need to leave isolation to seek testing.

While the risk to the community is relatively low, promptly identifying cases of COVID-19 is critical to slow the spread in our community. To avoid spreading illness to others, all individuals who visited **Fast Freddy's** or **49 Quik Stop** on these dates must monitor for symptoms and seek testing if symptoms develop, even if symptoms are very mild. Please note, if you have not received a phone call from Community Health, you have NOT been identified as having high risk exposure to the case at this time. The Community Health Nurse in Charge is working with the active cases to identify individuals that may have been in contact with the case.

What is Community Health doing to respond to these positive cases?

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- Community Health has contacted the individuals who tested positive for COVID-19 and is in contact with all high risk contacts.
- Community Health will continue to work with the individuals who test positive to identify and contact all individuals who are identified as having high risk exposure to the person who tested positive.
- Community Health will provide additional direction to contacts and the businesses to prevent the spread of COVID-19.

What should you do?

- Limit contact with others, especially in health care settings, with seniors or other vulnerable populations.
- Continue to follow Public Health recommendations.
- It is NOT necessary to be tested at this time if you do NOT have symptoms of COVID-19. Testing now may lead to a false negative. We would like you tested on the onset of symptoms or 5-7 days after the suspected contact.
- If you are contacted by Community Health, follow the guidance provided.
- If you do not receive a call from Community Health you can continue going about your normal daily activities while following Public Health COVID Protocols.

If you develop any symptoms of COVID-19 in the 14 days after your last possible exposure, please:

- Self isolate at home and away from others. Get tested as soon as possible. When you seek testing, please reference possible exposure to **Fast Freddy's** or **49 Quik Stop**.
- COVID-19 testing is available at the Community Wellbeing Centre- 613-967-3603
- Stay self-isolated until test results come back.
- If you have any questions that are not answered at time of testing, call the Community Wellbeing Centre 613-967-3603 or Telehealth at 1-866-797-0000.
- **DO NOT GO TO THE HOSPITAL OR YOUR DOCTORS OFFICE WITHOUT CALLING FIRST** to tell them that you have been near someone with COVID-19.