



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

COMMUNITY WELLBEING CENTRE

50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0

2022-01-05

Re: Exposure to COVID-19 – Tyendinaga Elders Lodge

Community Health has been informed of a COVID-19 exposure on January 1, 2022, January 2, 2022, January 3, 2022 at:

Tyendinaga Elders Lodge
301 Bayshore Road, TMT

A person who is confirmed to have COVID-19 was at this location during this time. This means that you and anyone who accompanied you to this location may have been exposed to COVID-19.

COVID-19 is part of a large family of viruses causing illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS). The risk of severe disease increases in people with weakened immune systems, which may include older people and people with chronic diseases such as diabetes, cancer, heart, renal or chronic lung disease.

Community Health recommends monitoring for the symptoms of COVID-19 up to and including **January 13, 2022** (exposure date plus 10 days). You must also limit contact with others, especially in health care settings, with seniors and/or other vulnerable populations.

COVID-19 symptoms include:

- Fever 37.8 degrees Celsius and over
- New onset of cough
- Muscle aches, joint pain and tiredness
- Difficulty breathing (shortness of breath)
- Tiredness
- Sore throat
- Headache
- Runny nose
- New loss of taste or smell
- Gastrointestinal symptoms (e.g., nausea, stomach pain, diarrhea)

It is **not** necessary to be tested at this time if you do **not** have symptoms of COVID-19.

Testing now may lead to unnecessary or repeat testing.

If you develop any symptoms of COVID-19:

- Self-isolate at home and away from others immediately.
- Get tested as soon as possible. If available use a rapid test, or call the CWC to book a test- 613-967-3603
- Stay self-isolated until your test result comes back.
- All household members must stay at home and not go out, even for essential reasons, while you wait for test results.
- If your test is negative, you can discontinue self-isolation if you do not have a fever and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms). Household contacts with no symptoms may resume regular activities, while continuing to follow all current public health measures.
- It is recommended that you re-test if you test negative the first time but develop new symptoms or symptoms are worsening.
- Call your health care provider or Telehealth Ontario at 1-866-797-0000 at any time.
- **DO NOT GO TO THE HOSPITAL OR YOUR DOCTOR'S OFFICE WITHOUT CALLING FIRST** to tell them that you have been near someone with COVID-19

If you have any questions, please call the Community Wellbeing Centre at 613-967-3603, or text- 613-686-5510 If you need immediate assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000 OR call 911 in an emergency.

Sincerely,

Community Health
Mohawks of the Bay of Quinte