



**Sunday, January 10, 2021**

**POSSIBLE EXPOSURE TO COVID-19 CASE at SAINT JOHN REGIONAL YMCA**

Dear Staff and Patrons of YMCA of Greater Saint John,

This letter is to tell you that Public Health has found that you may have had contact with a confirmed case of COVID-19. The last possible exposure to this case was on **Monday, January 4, 2021**. Public Health is advising staff and patrons present on this date (8:30a-1:00p) to **self-monitor for symptoms until midnight of January 19, 2021**. Please note that Public Health protects the privacy of cases of COVID-19 and their contacts.

**COVID-19 Symptoms and Testing**

It can take up to 14 days for someone to have symptoms after exposure to the virus that cause COVID-19. Symptoms of COVID-19 include: fever (temperature greater than 38 degrees Celsius), a new cough, or a worsening chronic cough, difficulty breathing, sore throat, runny nose, headache, feeling tired, muscle pain, or diarrhea. Some people lose their sense of taste or smell. Children can develop purple marks on their fingers and toes.

If you develop any of these symptoms, please self isolate and visit [gnb.ca](http://gnb.ca) and fill out the [online form](#) to get a COVID-19 test at the nearest testing assessment center.

**COVID-19 Disease**

COVID-19 most commonly spreads from an infected person by the droplets from their mouth and nose during talking, coughing or sneezing when they are close to another person. The disease can also spread when those droplets land on a surface and someone touches that surface and then touches their face. Most people with coronavirus disease have mild symptoms and can get better without medical treatment. COVID-19 can cause severe illness in older adults and people with chronic medical conditions.

It is natural to feel anxiety, grief, and worry during and after a stressful situation. Everyone reacts differently, and your feelings can change over time. Pay attention to how you feel. Taking care of yourself during a stressful situation will help you in the long-term. Taking care of your emotional health will help you think clearly and protect you and the people you love. For more information on Mental health during the pandemic please visit:

[https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/mental\\_health.html](https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/mental_health.html)

If you have any questions, please call **506-658-5188**.

Sincerely,  
Dr. Kimberley Barker, MD, CCFP, MPH, FRCPC  
Medical Officer of Health, South Region

