

September 16, 2021

To: Staff and Parents/Guardians at **Westminster School, Lethbridge**

Re: Notice of Respiratory Illness Outbreak in School Setting

The Medical Officer of Health has declared a respiratory illness outbreak at the school named above. Outbreak control measures to limit further spread will be implemented in the school.

Respiratory illness can be passed from person to person through tiny droplets of liquid, spread by coughing, sneezing, talking, laughing and singing. This means that a person would need to have direct contact with droplets from a sick person or contaminated surfaces to be exposed to the virus.

Due to the ongoing risk of COVID-19 and other respiratory pathogens all staff and students must the [COVID-19 Alberta Health Daily Checklist](#) daily to determine if they may attend school.

- If staff or students develop symptoms as listed on the [COVID-19 Alberta Health Daily Checklist](#), please isolate at home immediately. Complete the complete the AHS [COVID-19 Self-Assessment](#) tool or call Health Link at 811 as soon as possible to arrange for COVID-19 testing.
- If staff or students require medication attention, please call ahead to the health care provider or call Health Link at 811 so that safe care can be provided.
- If staff or students need emergency medical care, call 911 and tell them that the ill person may have been in contact with COVID-19 so that safe care can be provided.

To help minimize spread of any respiratory virus, we always recommend the following:

- Get immunized against vaccine-preventable respiratory illnesses such as COVID-19 and influenza. Immunization against COVID not only protects you, but also your children and others under 12 years of age who are too young for COVID vaccine.
 - If you/your child are eligible for vaccine, have not been immunized with 2 doses of COVID-19 vaccine and don't have any symptoms currently, please schedule an appointment at [COVID-19 Immunization Booking | Alberta Health Services](#) or by calling 811.
- Ensure your child's routine immunizations are up to date, including annual influenza vaccine.
- All household members should wash hands often with soap and water thoroughly for at least 20 seconds. Use an alcohol based hand sanitizer if soap and water are not available and hands are not visibly dirty.
- Encourage household members to not touch their eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Throw used tissues in the garbage and immediately wash hands with soap and water for at least 20 seconds.
- Stay home if you are sick. If your kids are sick, keep them home from childcare or school.
- Clean and disinfect surfaces that are touched often and shared by everyone in your home such as doorknobs, light switches and bathroom taps.
- Consider wearing a mask and keeping distance from others when in public places.

For further information, please call HealthLINK Alberta toll-free (811) if you have any further questions or for further information refer to the Alberta Health Services website: [Home | Alberta Health Services](#)

Sincerely,

Alberta Health Services Public Health