

February 20, 2021

To Whom it May Concern:

Re: Exposure to COVID-19

Hastings Prince Edward Public Health has been informed that an individual who tested positive for COVID-19 was present at the Shoppers Drug Mart, 405 Dundas Street East, Belleville. If you visited the store on February 14, 17, or 18, you 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.

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)

Hastings Prince Edward Public Health recommends monitoring for the above symptoms up to and including for 14 days after your potential exposure date. Please review Public Health Ontario's [self-monitoring fact sheet](#).

Limit contact with others, especially in health care settings, with seniors and/or other vulnerable populations. 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.**

North Hastings

1P Manor Ln., L1-024, Bancroft, ON K0L 1C0
T: 1-800-267-2803 | **F:** 613-332-5418

Prince Edward County

Suite 1, 35 Bridge St., Picton, ON K0K 2T0
T: 613-966-5500 | **F:** 613-476-2919

Quinte West

499 Dundas St. W., Trenton, ON K8V 6C4
T: 613-966-5500 | **F:** 613-965-6535

If you develop any symptoms of COVID-19 up to and including 14 days after your potential exposure, you must self-isolate at home and away from others and get tested as soon as possible. If you seek testing, please reference investigation number 2238-2021-33340. You must stay isolated at home until test results come back. All household contacts of symptomatic individuals are required to quarantine until the symptomatic individual receives a negative COVID-19 test result or alternate diagnosis from a healthcare professional. This means that if you develop symptoms, all household members must stay at home and not go out even for essential reasons while you wait for test results. If a negative result or alternate diagnosis is received, household contacts with no symptoms may resume regular activities, while continuing to follow all current public health measures.

- Information about Hastings and Prince Edward Counties COVID-19 Assessment Centers can be found [on our website](#).
- Review the Public Health Ontario [self-isolation factsheet](#).
- Call Hastings Prince Edward Public Health at 613-966-5500 or 1-800-267-2803, your health care provider or Telehealth Ontario at 1-866-797-0000 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 COVID-19 Information Line at [613-966-5500](#) or [1-800-267-2803](#) Monday-Friday 8:30 am – 4:30 pm. If you need immediate assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000.

Sincerely,

Case Management Team
Hastings Prince Edward Public Health