



November 10, 2021

COVID-19 CASE(S) AT NB College of Craft and Design

Public Health has identified one or more confirmed cases of COVID-19 at NB College of Craft Design.

All Students, Staff and Faculty:

If you have been contacted directly by Public Health, please continue to follow their instructions.

If you have NOT been vaccinated OR are PARTIALLY vaccinated (it has been <14 days since receipt of a second dose of an [approved](#) two-dose COVID-19 vaccine OR <14 days since receipt an approved single-dose COVID-19 vaccine):

- Book a COVID-19 test, either [online](#) or by calling 811.
- Self-monitor for any [symptoms](#) of COVID-19 until **November 18, 2021**
- Avoid visiting settings with vulnerable populations such as nursing homes, correctional facilities, and shelters over the next 14 days.
- Adopt protective measures such as wearing a mask, washing hands frequently, and maintaining physical distancing in public settings.
- If any COVID-19 symptoms develop, isolate immediately and book a test, either online or by calling 811. Your isolation may end with receipt of a negative test.
 - It can take up to five (5) days before you would test positive after being exposed to COVID-19; if your test results comes back negative, continue self-monitoring for any symptoms and get tested again immediately if you develop at least ONE symptom.

If you were Fully vaccinated (it has been ≥ 14 days since receipt of a second dose of an [approved](#) two-dose COVID-19 vaccine OR ≥ 14 days since receipt of an approved one-dose COVID-19 vaccine):

- Self-monitor for any [symptoms](#) of COVID-19 until **November 18, 2021**
- If any COVID-19 symptoms develop, book a test either [online](#) or by calling 811.

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, diarrhea, and loss of sense of taste or smell. In children, purple marks can appear on their fingers and toes.

Everyone in your household should self-monitor for symptoms and wash their hands frequently. If **anyone** in the household develops symptoms, then they should [get tested for COVID-19](#); those who are not fully vaccinated should also isolate until receipt of a negative test result. .



COVID-19 Disease

COVID-19 most commonly spreads from an infected person through:

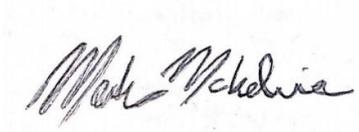
- Respiratory droplets that are spread through coughing or sneezing,
- Close personal contact, such as touching or shaking hands,
- Touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

Those who are infected with COVID-19 may have little to no symptoms. People may not know they have COVID-19 because the symptoms are similar to a cold and flu. Most people who have COVID-19 can get better without medical treatment, but the virus can cause severe illness in older adults and in people who are immunocompromised or have 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 your emotional health during stressful times will help you think clearly and protect you and the people you love. For online resources to support mental wellness, please visit [Bridge the gap](#).

If you have any questions, please 506-444-5905

Sincerely,

A handwritten signature in black ink, appearing to read "Mark McKelvie". The signature is written in a cursive style and is positioned above a horizontal line.

Dr. Mark McKelvie MD, CCFP, MPH, DTM&H
Regional Medical Officer of Health