Public Health Notice to School Community
Potential Exposure Testing

Friday, March 26, 2021

Dear Parents/Guardians and Staff,

Yesterday, Public Health shared that we were investigating a positive case of COVID-19 connected with the Millwood High School community. We have now discovered another probable case in the school community.

As part of our investigation, we are now working to identify any additional people who may have connections to the individual who tested positive and to limit the potential spread of the virus. To do this, Public Health is recommending that all students and staff of the Millwood High family of schools be tested for COVID-19, even if you have no symptoms or only mild symptoms.

If you are receiving this letter you are **not** considered a close contact (unless otherwise notified by Public Health) but we are encouraging you to get tested.

You do **not** need to self-isolate, unless you had or have developed any symptoms of COVID-19. Symptoms include fever, runny nose/nasal congestion, cough, sore throat, headache, shortness of breath.

To support this, the Public Health Mobile Unit will be in the community offering pre-booked and drop-in testing Friday, Saturday and Sunday (March 26-28) between 9:30 a.m. and 5:30 p.m. at the Sackville Legion (45 Sackville Cross Rd, Lower Sackville). We encourage you to pre-book your appointment online https://covid-self-assessment.novascotia.ca/en or by calling 811.

Testing information:
- Youth under the age of 18 are able to choose the "Rinse & Gargle" test. Preparation for this test is required. Please review the instructions here.
- The test for COVID-19 is free. If you have a health card, please bring it with you.
- Please remember to wear a non-medical mask to your COVID-19 test (just like you would at school).
- COVID-19 symptoms typically develop within 14 days of exposure.
- You can find more information about COVID-19, self-isolation, proper hand-hygiene, mask use and other ways to keep yourself safe at https://novascotia.ca/coronavirus/.

Thank you in advance for your participation and cooperation. If you have any concerns or questions, please call Public Health toll-free at 1-800-430-9557.

Thank you,

Public Health, Nova Scotia Health