

For Immediate Release | April 4, 2020

## COVID-19 notification for Anavets 290, Kamloops

KAMLOOPS – Interior Health (IH) has identified a case of COVID-19 in an individual who visited Anavets 290 Army & Navy Club at 9-177 Tranquille Rd., Kamloops, B.C. between March 13 and 17.

Anyone who visited Anavets 290 on these dates and who has developed respiratory symptoms within 14 days of their visit needs to self-isolate at home for a minimum of 10 days from the time their symptoms develop and until symptoms resolve.

Symptoms of COVID-19 include the following:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Other milder symptoms may include: runny nose, fatigue, body aches (muscles and joints aching), diarrhea, headache, sore throat, vomiting and red eyes.

Individuals who develop symptoms, particularly those who are older or have underlying health conditions, should call 811 or their health-care provider if they have concerns or questions about your health.

Testing is not required for those who have mild respiratory symptoms. If respiratory symptoms worsen, call 811 or your health-care provider. For further guidance, please use the [BC COVID-19 Symptom Self-Assessment Tool](#).

Individuals who have respiratory symptoms that can be managed at home, should **self-isolate at home for at least 10 days after onset of symptoms**. If after 10 days, you feel better, your symptoms have improved AND you have had no fever for 72 hours, whichever is later, you may return to regular activities. Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

It is important to note that Anavets 290 closed its doors to the public on March 18 after the BC Provincial Government ordered all clubs and bars to close in order to deal effectively with the COVID-19 Pandemic.

Anavets 290 is aware of this potential exposure to visitors and club members and is taking measures to share this information with them directly.

Please note that community transmission of COVID-19 has been detected in communities across the Interior Health region. All communities should assume COVID-19 cases are present and take appropriate precautions.

Additional information on COVID-19 is also available on the [IH Website](#).