

For Immediate Release | March 26, 2020

COVID-19 notification for Save-On-Foods Pharmacy, Columbia Shopping Centre, Kamloops

KAMLOOPS – Interior Health (IH) has identified a case of COVID-19 at the Save-On-Foods pharmacy in the Columbia Place Shopping Centre in Sahali.

Public Health routinely follows up with confirmed cases and close contacts directly to advise on self-isolation. As an additional precaution, Interior Health is asking those who visited this pharmacy on March 10, 13, 14, or from March 16 to 21 to self-isolate and monitor for symptoms for 14 days from the time of their visit. For information on self-isolation, see the BC Centre for Disease Control (BCCDC) [guide to self-isolation if you do not have COVID-19 or respiratory symptoms](#).

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.

As long as customers of the pharmacy remain healthy and do not develop symptoms, they can return to their routine activities 14 days after the date of their visit.

If customers develop respiratory symptoms they need to self-isolate at home for a minimum of 10 days from the time their symptoms develop and until symptoms resolve.

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. See the BCCDC [guide to self-isolation if you have respiratory symptoms](#).

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](#).

After identification of this case, the Save-On-Foods Pharmacy has taken measures to ensure the safety of their customers and staff, including screening staff daily for symptoms, enhanced cleaning, floor stickers to ensure physical distancing, and extra supplies of personal protective equipment for staff. The pharmacy has also ordered Plexiglas barriers for installation. Save-On-Foods has also undertaken enhanced cleaning throughout the store. Save-On-Foods and the pharmacy remain open.

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](#).

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