

Renfrew County and District Health Unit "Optimal Health for All in Renfrew County and District"

## For Immediate Release

(Pembroke, Ontario, 3:45 p.m., March 25, 2021)

## RCDHU Update: COVID-19 Community Outbreak Among Two Local Municipalities

Today, Renfrew County and District Health Unit (RCDHU) is confirming that no additional positive tests among students, staff, or close contacts at Madawaska Valley District High School (MVDHS) were received.

Upon further investigation, RCDHU confirms that not all of the students who tested positive from MVDHS attended the social gathering outside of the school day related to the community outbreak across two municipalities: Township of Madawaska Valley and the Township of Brudenell, Lyndoch, Raglan.

Dr. Robert Cushman, Acting Medical Officer of Health, and the staff at RCDHU want to thank the MVDHS community, students, staff, and their families, for their patience and cooperation.

Additionally, "We must all remember to be COVID-kind. This means showing empathy with those affected, checking in regularly with neighbours, family members and friends, as well as individuals who have been directly impacted, avoiding the spread of rumours, and being supportive of one another," states Dr. Cushman.

Everyone should take time to think about what they say to people, whether on the phone, inperson, through chat platforms or by commenting on a social media post. Often, problems arise when the technology that is supposed to bring people together is used negatively, pushing people to feel alone, embarrassed, or ashamed. For more information and resources about bullying and how parents, teens, and others, can support each other, visit: <u>PrevNet</u>.

If you have experienced bullying or have concerns about your mental health, please reach out to the Phoenix Centre for Children and Families at 613-735-2374.

It is imperative that everyone do their part to stay home if they are sick, avoid contact with people who are ill, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash their hands, use the COVID Alert App, and complete the <u>COVID-19 self-assessment tool</u> or <u>COVID-19 school and child care self-assessment tool</u> daily if you go to work, school or daycare, to monitor for symptoms and proper guidance.

For more information, visit RCDHU's website at <u>https://www.rcdhu.com/novel-coronavirus-covid-19-2/</u> or call 613-732-3629 or 1-800-267-1097.

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