



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

For Immediate Release

(Pembroke, Ontario, March 13, 2020)

Renfrew County and District Health Unit continues to monitor the COVID-19 situation daily and there are currently no cases in Renfrew County and District. The risk for Renfrew County and District remains low for COVID-19.

The novel coronavirus (COVID-19) can cause illness ranging from a very mild, cold-like illness to a severe lung infection such as pneumonia. The most common symptoms include:

- fever;
- cough;
- difficulty breathing (shortness of breath).

Additionally, a person must also have one of the following to be considered a suspect case of COVID-19:

- Travel to an impacted area (visit: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html>);
- Close contact with a confirmed or probable case of COVID-19; or
- Close contact with a person with acute respiratory illness who has been to an impacted area.

If you believe you meet this criteria, please call Renfrew County and District Health Unit (RCDHU) at 613-735-8654 extension 577 or Telehealth Ontario 1-866-797-0000.

Individuals who may be at higher risk include:

- People 65 years of age and older;
- people with chronic diseases.

RCDHU recommends following a containment strategy in regards to travel and social gatherings. This includes social distancing measures such as:

- Avoiding non-essential travel and travel with children.
- Maintaining a two-metre distance between yourself and others if possible.
- Any gatherings over 250 individuals be cancelled or postponed.

- Any gatherings with high risk populations such as persons 65 years of age and older, should consider cancelling or postponing with participants between 50-100 persons.

RCDHU recommends the following measures to reduce the spread of germs including the novel coronavirus (COVID-19):

- Clean your hands frequently with soap and water or an alcohol-based hand rub.
- Cover your mouth and nose with a tissue when you cough or sneeze, then clean your hands;
- If you don't have a tissue, sneeze or cough into your sleeve and then clean your hands.
- Avoid touching your eyes, nose or mouth.
- If you are ill, stay home.
- Avoid contact with people who are sick.
- Get your flu shot.

Keep yourself up to date on the changing COVID-19 situation by visiting:

- Government of Ontario: The Novel Coronavirus (COVID-19) (<https://www.ontario.ca/page/2019-novel-coronavirus>). Information is updated everyday, seven days a week at 10:30 a.m. and 5:30 p.m. ET.

and

- Government of Canada Coronavirus disease (COVID-19): Outbreak Update (<https://www.canada.ca/en/public-health/services/diseases/2019-novelcoronavirus-infection.html>)

For more information, visit the RCDHU website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call RCDHU at (613) 735-8654 extension 577.

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Melissa Botz, R. Kin
Coordinator, Communications and Emergency Preparedness
Renfrew County and District Health Unit
Tel: 613 735-8654 Ext. 590
Cell: 613-432-0584
Fax: 613-735-3067
media@rcdhu.com
www.rcdhu.com