



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

For Immediate Release

(Pembroke, Ontario, March 29, 2020)

Today, Renfrew County and District Health Unit (RCDHU) confirms the first death related to the novel coronavirus 2019 (COVID-19) in Renfrew County and District. A woman in her 90s passed away early on the morning of March 29, 2020, at Pembroke Regional Hospital.

"We extend our sincere condolences to the family and friends of the individual who died today", states Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit. "I am asking everyone again to make every effort possible to ensure the safety of the community by practicing physical distancing and staying home."

The health and well being of the residents in Renfrew County and District is of great importance. You can help prevent the spread of COVID-19 by practicing physical distancing which includes:

- Avoiding non-essential trips in the community.
- If you have to go into the community for an essential trip via taxi or rideshare, be sure to keep the windows down.
- Avoiding visits to long-term care homes, retirement homes, supportive housing, hospitals, hospices and other congregate care settings unless the visit is essential.
- Talk to your supervisor, manager, or employer about the possibility of working from home.
- If you have meetings planned, consider doing them virtually instead of in person.
- Avoid sending children to daycare.
- Individuals should stay home unless necessary.
- If you spend time outside maintain a 2-metre distance from other people.

Additionally, practice 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, unless you have just cleaned your hands.
- If you are ill, stay home.
- Avoid contact with people who are sick.
- Get your flu shot.

If you think you may have COVID-19 symptoms or have been in close contact with someone who has it, first self-isolate and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care.

If you need further assistance, call Telehealth Ontario at 1-866-797-000, or Renfrew County Virtual Triage and Assessment Centre at 1-844-727-6406 or your health care provider. You can also call RCDHU at 613-735-8654.

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

Visit [Ontario's website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

- 30 -

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