



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

For Immediate Release

(Pembroke, Ontario, March 29, 2020)

RCDHU Reports Second Positive Case of COVID-19 in Renfrew County and District

Today, Renfrew County and District Health Unit (RCDHU) confirms the second positive laboratory-confirmed case of novel coronavirus 2019 (COVID-19) in Renfrew County and District. A woman in her 30s developed mild symptoms and was tested at home by paramedics of The County of Renfrew Community Paramedic Program on March 27, 2020. She currently remains at home on isolation and is being monitored.

This individual had travelled from London, England and arrived in Canada on March 18, 2020. The individual has been on isolation since her arrival in Canada. All necessary precautions were followed to ensure the safety of the patient, the public, and the health care workers.

RCDHU is doing case and contact management with the individual and The County of Renfrew Community Paramedic Program. All affected parties will receive specific instructions on self-isolation and self-monitoring based on exposure.

RCDHU will assume close contacts are probable cases if they develop symptoms. A probable case is defined as:

- A person with a fever (over 38 degrees Celsius) and/or onset of (or exacerbation of chronic) cough AND any of the following within 14 days prior to onset of illness:
 - Travel to an impacted area **or**,
 - 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, **AND**
 - in whom laboratory diagnosis of COVID-19 is not available, recommended, or inconclusive.

Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit states, "We must continue to enhance our actions to prevent further spread of COVID-19; stay home and practice physical distancing."

RCDHU is reminding residents that the best way to prevent further spread and to reduce the risk of significant illness is to practice physical distancing which include the following measures:

- 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.

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

For more information, visit the RCDHU website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/>, or for COVID-19 information for workplaces, visit: <https://www.rcdhu.com/covid-19-information-for-workplaces/>.

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