



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

For Immediate Release

(Pembroke, Ontario, April 7, 2020)

Stay Home During the Upcoming Holidays

Let's work together to prevent the spread of COVID-19 in Renfrew County and District. We need to stay home, practice physical distancing, and avoid hosting events whether inside or outside, for people who do not already live with us. This means cancelling or postponing events such as Easter dinners and traditional ceremonies that often accompany these celebratory gatherings.

With many upcoming holidays and the arrival of warmer weather, Renfrew County and District Health Unit (RCDHU) is reminding residents to stay home. Under Ontario's Emergency Management and Civil Protection Act (EMCPA), organized public events and social gatherings of more than five people are prohibited. Failure to comply with an emergency order is an offence under the EMCPA and is subject to punishment.

RCDHU encourages residents to stay connected with friends, family and faith by considering hosting virtual meetings, dinners, and/or ceremonies through telephone and online video chatting services.

This does not mean that we must stay confined in our homes. Except for those who are in isolation or feeling unwell, we can still go outside for walks. When outdoors, avoid crowds and maintain a distance of 2-metres from others. Limit grocery shopping to once a week at the most and be sure to follow proper hand hygiene and respiratory etiquette.

RCDHU reminds residents that the best way to prevent further spread and to reduce the risk of illness is to practice physical distancing. This includes the following:

- Avoid non-essential trips in the community.
- If you have to go into the community for an essential trip using taxi or rideshare, keep the windows down.
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Talk to your employer about the possibility of working from home.
- Consider doing virtual meetings instead of in person.
- Avoid sending children to daycare.
- Stay home unless necessary.
- Maintain a 2-metre distance from others when outdoors.

Information about cases of COVID-19 in Renfrew County and District are updated on RCDHU's website daily at 12:00 p.m. If you are awaiting your COVID-19 test results, you can now access them online. Visit the Government of Ontario's [online portal](#).

For more information, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/>.

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