



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

For Immediate Release

(Pembroke, Ontario, May 15, 2020)

Residents asked to wear masks where physical distancing is not possible

Renfrew County and District Health Unit (RCDHU) would like to thank all residents for their continued efforts in keeping our community safe in the fight against COVID-19. As Dr. Robert Cushman, Acting Medical Officer of Health states, "you are helping to keep the incidence at bay within our community, and we thank you for your participation, cooperation and enthusiasm."

This week, Dr. Cushman has recommended that residents of Renfrew County and District wear masks in public, when physical distancing cannot be maintained. An example is wearing a mask in grocery stores or when you must come into close contact with others. According to Dr. Cushman, "it is particularly important if you cannot observe the 2-metre rule, it is best to wear a mask".

This is in response to the easing of mobility restrictions provincially across the province. It is supported by the increasing evidence that demonstrates the effectiveness of face masks as a prevention tool in the transmission of COVID-19. With reports showing that 50%-75% of individuals with COVID-19 infections have no symptoms or mild symptoms, it is important that we continue to act as though anyone could transmit the infection.

Therefore, it is important that we all continue to take the necessary measures to reduce the spread of COVID-19. Some of these measures include: wearing a mask when maintaining a 2-metre distance is not possible, cleaning your hands frequently with soap and water or an alcohol-based hand rub, practicing physical distancing, and staying home if you are ill.

For information on how to make a non-medical mask visit the Government of Canada's instructions for [Non-medical masks and face coverings: Sew and no-sew instructions](#). Visit Public Health Ontario's fact sheets for appropriate steps on [how to put on a mask](#), and [how to take off a mask](#).

For more information, on masks and facial coverings, or all things COVID-19 related, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call RCDHU at 613-735-8651 ext. 516.

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