



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

For Immediate Release

(Pembroke, Ontario, 4:30 p.m. September 22, 2020)

RCDHU Update on COVID-19 Outbreak at Fellowes High School

Renfrew County and District Health Unit (RCDHU) is confirming that no additional positive tests among students, staff, or close contacts at Fellowes High School were received Monday night or today. RCDHU will continue to monitor test results, conduct contact tracing as required and update the school community as new information becomes available.

As Fellowes High School remains closed, all staff and students must continue to [self-isolate](#) and [self-monitor](#) even if they have received a negative COVID-19 test result until further notice.

"If we aren't vigilant and stick to the basics of maintaining our social bubble, limiting social activities, wearing masks and washing our hands, we risk going backwards, resulting in the closure of more schools and businesses," states Dr. Robert Cushman, Acting Medical Officer of Health, RCDHU.

As Renfrew County and District moves into the second wave of COVID-19, the importance of adhering to public health measures has never been more apparent. Dr. Cushman states that "each and every one of us, must do our part to stay home if we are sick, avoid contact with people who are ill, limit our social activities, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash our hands, use the COVID Alert App, and keep our bubble small."

Keeping your social bubble small means:

- A small and consistent group of 10 people or less;
- Includes your household members;
- You can hug, hold hands, and high five;
- Stick to you bubble – you can only be in ONE bubble.

Limiting your social activities and social gatherings includes:

- Gatherings with different groups of people outside of your social bubble;
- Maximum 10 people indoors, maximum 25 people outdoors;
- Maintaining 2 metres distance from anyone not in your social bubble;
- Wearing a mask/face covering indoors or if you cannot maintain a 2 metre distance outdoors.

It is important that we all recognize that COVID-19 has not gone away, it has not become less contagious, it can and will spread rapidly if we don't remain vigilant about isolating anyone with symptoms.

If you have any symptoms you must self-isolate and call the Renfrew County Virtual Triage Assessment Centre (VTAC) at 1- 844-727-6404 to **book an appointment (no walk-ins permitted at this time)** for testing. For COVID-19 testing dates and times visit the VTAC [testing schedule](#).

For all other information, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call 613-735-8654.

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