



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

## For Immediate Release

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(Pembroke, Ontario, 1:00 p.m. September 22, 2020)

### **RCDHU Update on COVID-19 Self-Assessment Tool**

Yesterday afternoon, the Ontario COVID-19 online [self-assessment tool](#) and [school self-assessment tool](#) were updated with new guidance. This reflects the evolving information about the spread and impact of COVID-19 across the province. A more targeted approach is now in place, with areas of higher COVID-19 activity having stricter guidance than other areas. Local Public Health units are now able to give more specific advice for their area, based on their local situation.

After carefully reviewing the current state of COVID-19 infections in Renfrew County and District, local guidance has been updated with immediate effect. As a result of these changes, Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit (RCDHU), is confirming that:

1. Household members of symptomatic individuals **must [self-monitor](#)** for any symptoms but **do not need to [self-isolate](#)** if they do not have symptoms.
2. Household members of symptomatic individuals can continue to attend school and work with careful attention to physical distancing, masking and hand-washing rules, **as long as you have not been identified as a close contact of an individual who has tested positive for COVID-19.**

Symptomatic persons:

1. Must self-isolate and get tested.
2. The person with symptoms can go back to school/work when they receive a negative test result, AND it has been 24 hours since symptoms started improving, AND they have not had a fever (without medication) for 24 hours.
3. If they were not tested, they should self-isolate for 14 days, unless **all** the following apply:
  - A health care provider diagnosed them with another illness,
  - They do not have a fever (without using medication),
  - It has been at least 24 hours since their symptoms started improving (if they had symptoms).

Dr. Cushman reminds us of the importance of "rigorously observing public health precautions; stay home if you are sick, avoid contact with people who are ill, limit social activities, keep

your bubble small, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash your hands, and use the COVID Alert App.”

For COVID-19 testing dates and times visit the Renfrew County Virtual Triage Assessment Centre (VTAC) [testing schedule](#) or call VTAC at 1- 844-727-6404 to book an appointment for testing.

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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