



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

For Immediate Release

(Pembroke, Ontario, September 11, 2020)

RCDHU Urges Residents to Stay Home and Self-Isolate if you are Feeling Unwell

Today, Renfrew County and District Health Unit (RCDHU) confirms one more positive laboratory-confirmed case of novel coronavirus 2019 (COVID-19) in Renfrew County and District (RCD) at Fellowes High School.

Renfrew County and District Health Unit is working closely with the Renfrew County District School Board to ensure necessary measures continue to be in place to protect all staff, students and the public.

RCDHU staff is actively investigating the case and following up with immediate contacts to prevent further spread of COVID-19. All affected parties will be contacted by RCDHU and advised accordingly.

It is important that we all continue adhering to the necessary public health measures to reduce the spread of COVID-19. In addition to staying home if you are feeling unwell, these measures include: wearing a mask while in enclosed public spaces or 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 following proper hand hygiene and respiratory etiquette.

If you are feeling unwell, think you may have COVID-19 symptoms or have been in close contact with someone who has COVID-19, first self-isolate and use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care. **"I cannot stress enough that people need to stay at home if they are feeling unwell"** states Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit.

Visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call 613-735-8654 or 1-800-267-1097.

For more information about the COVID-19 Testing Schedule visit the Renfrew County Virtual Triage Assessment Centre's website at <https://rcvtac.ca/> or call 1-844-727-6404.

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