



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

For Immediate Release

(Pembroke, Ontario, September 13, 2020)

Health Unit Issues Advisory about Potential COVID-19 Exposure

Renfrew County and District Health Unit (RCDHU) is issuing an advisory for a potential low-risk exposure after confirmation that a person who tested positive for COVID-19 visited Planet Fitness in Pembroke on September 5, 2020.

If you visited Planet Fitness in Pembroke on September 5, 2020 and have COVID-19 symptoms, a COVID-19 testing clinic is being offered on Monday, September 14, 2020 at RCDHU, 7 International Drive, Pembroke, from 9:00 a.m. to 10:30 a.m.

If you are not able to be tested this coming Monday, please contact the Renfrew County Virtual Triage Centre (RVTAC) at 1-844-727-6404 to arrange for testing.

All necessary precautions are being followed to ensure the safety of the public. RCDHU is conducting case and contact management with appropriate individuals. All affected individuals will receive specific instructions.

Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit "is urging residents to be over cautious with any COVID-like [symptoms](#), whether mild or moderate, and that everyone must be [self-monitoring](#) for any new or worsening symptoms." Dr. Cushman continues, "it is better to stay home even with the slightest symptom as we want to continue to move forward and not undo all of our hard work thus far."

If you think you may have COVID-19 symptoms or have been in close contact with someone who has tested positive for COVID-19, first [self-isolate](#) and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care.

For more information about the COVID-19 Testing Schedule visit the RCVTAC website at <https://rcvtac.ca/> or call 1-844-727-6404. 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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Renfrew County and District Health Unit
Fax: 613-735-3067
media@rcdhu.com
www.rcdhu.com