



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

For Immediate Release

(Pembroke, Ontario, 3:30 p.m. September 23, 2020)

RCDHU Update on COVID-19 Outbreak at Fellowes High School

Renfrew County and District Health Unit (RCDHU) is confirming that three community contacts connected to the outbreak at Fellowes High School have tested positive for COVID-19. These cases are not students or staff members at Fellowes High School but have been identified through contact tracing. They have been isolating since being identified as a high-risk contact. No additional positive tests among students or staff members were received today.

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

RCDHU is reminding all residents to complete the COVID-19 online [self-assessment tool](#) and [school self-assessment tool](#) daily before going to work, school or daycare, to monitor for symptoms and proper guidance.

Common symptoms of COVID-19 include:

- Fever greater or equal to 37.8°C, New or worsening cough, Shortness of breath.

Other symptoms can include:

- Sore throat, difficulty swallowing, changes in sense of smell or taste, nausea, vomiting, diarrhea, abdominal pain, runny nose or nasal congestion (different than usual allergy symptoms).

Atypical signs and symptoms of COVID-19 should be considered, particularly in children:

- Unexplained fatigue, malaise or muscle aches, delirium (acutely altered mental status), unexplained falls or functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis.

For the full and updated list of symptoms, please refer to the [Ministry of Health's COVID-19 Reference Document for Symptoms](#).

Dr. Robert Cushman, Acting Medical Officer of Health, RCDHU, reminds us 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](#).

As Renfrew County and District moves into the second wave of COVID-19, the importance of adhering to public health measures is critical. Everyone must do their part to stay home if they are sick, avoid contact with people who are ill, limit their social activities, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash their hands, use the COVID Alert App, and keep their bubble small.

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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