



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

## For Immediate Release

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(Pembroke, Ontario, 2:00 p.m., December 20, 2020)

### **RCDHU Declares COVID-19 Outbreak at Pembroke Dental Office**

Today, Renfrew County and District Health Unit (RCDHU), is confirming that three staff tested positive for COVID-19 at a Pembroke dental office. Two confirmed cases that are linked within the organization meets the provincial guideline for the declaration of a workplace outbreak. RCDHU is working closely with the Pembroke dental office to ensure necessary measures continue to be in place to protect all staff and the public.

All individuals who have been deemed to be close contacts of the positive cases, have been given direction by RCDHU staff to immediately self-isolate and arrange for testing. Patients who are considered to be at low risk, are being contacted by the dental office with instructions to self-monitor and if symptoms develop, to call the Renfrew County Virtual Triage Assessment Centre (RC VTAC) at 1-844-727-6404 to book an appointment for testing.

"This was another travel-related situation where a visitor had come from a grey area currently in lockdown. **I am reminding everyone that this year it is imperative that the holidays be spent at home with members of your immediate household. Non-essential travel must be suspended,**" states Dr. Robert Cushman, Acting Medical Officer of Health, RCDHU.

#### **If you have been directed to self-isolate, you are required to:**

- Stay home. Do not go to work, school, child care, or public places. You can go outside, but you must stay on your own property. Do not walk around the neighbourhood.
- Avoid contact with others. No visitors unless deemed essential (e.g. care providers), stay in a separate room away from other people within your household, use a separate bathroom if possible.
- If these steps are not possible, maintain a distance of 2 metres from others at all times.
- Keep your distance. If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth.
- Wash your hands often with soap and water or an alcohol-based hand sanitizer.

RCDHU is reminding residents to complete the [COVID-19 self-assessment tool](#) or [COVID-19 school and child care self-assessment tool](#) **daily** if you go to work, school or daycare, to monitor for symptoms and proper guidance.

For more information, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call 613-732-3629 or 1-800-267-1097.

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