



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

For Immediate Release

(Pembroke, Ontario, 11:45 a.m., December 22, 2020)

RCDHU Confirms One Staff Member and One Student Test Positive For COVID-19

Today, Renfrew County and District Health Unit (RCDHU) is confirming that a staff member at Valour JK-12 School in Petawawa, and a student at Champlain Discovery Public School in Pembroke, have tested positive for novel coronavirus 2019 (COVID-19).

RCDHU is working closely with the Renfrew County District School Board (RCDSB) to ensure necessary measures continue to be in place to protect all staff, students and the public. RCDHU staff is actively investigating the cases and **all high risk contacts will be contacted by RCDHU with further instructions. If you are a high risk contact:**

- You MUST [self-isolate](#) and [self-monitor](#) for symptoms for 14 days. Do NOT return to work, school or child care, in-person;
- Call the Renfrew County Virtual Triage Assessment Centre (RC VTAC) at 1-844-727-6404 to book an appointment for testing;
- If the test result is negative, continue the 14-day isolation because of exposure and because COVID-19 could have been developing (incubating) at time of test;
- If test result is positive, continue to self-isolate and you will be contacted by 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 they 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.

Renfrew County and District Health Unit
Fax: 613-735-3067
media@rcdhu.com
www.rcdhu.com