



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

For Immediate Release

(Pembroke, Ontario, 4:30 p.m., March 28, 2021)

COVID-19 Spreads as Variants of Concern Reach Renfrew County and District

Today, Renfrew County and District Health Unit (RCDHU) is confirming that variants of concern (VOCs) have been identified in Renfrew County and District (RCD). One-third of the cases in the last week have been confirmed to be the U.K. B.1.1.7 VOC. Initial cases can be contributed to travel and workplaces outside of RCD, followed by community spread within RCD.

"With the concerning increase in the number of cases and now cases related to VOCs in RCD, we will soon move from yellow to orange, and hopefully not into a red zone. We are urging everyone to do their part to help stop the spread." continues Dr. Cushman.

"If you have even one symptom of COVID-19, stay home and arrange for testing. Tell your family members to also stay home and isolate until you have your test results back. Everyone, regardless of symptoms, is asked to only go out for essential reasons and to work remotely where possible. We need to ensure that we are taking all necessary precautions to prevent the spread of COVID-19 in our communities, to keep our family, friends and residents safe," finishes Dr. Cushman.

RCDHU staff is actively investigating the cases and **all high-risk contacts have and will continue to receive public health follow up through a standard text message from the RCDHU virtual assistant within 24 hours, notifying them that they have recently been exposed to COVID-19. All high-risk contacts will be directed to complete the virtual assistant survey to complete contact tracing.**

Note: All household members of high-risk contacts MUST self-isolate if they cannot isolate away from the contact.

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;
- Immediately self-isolate and contact Renfrew County Virtual Triage Assessment Centre (RCVTAC) at 1-844-727-6404 to **arrange for testing. You must book an appointment for testing immediately and then again 10 days after exposure.**

- If test result is negative, continue 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.

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