



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

For Immediate Release

(Pembroke, Ontario, 5:40 p.m., November 17, 2021)

Possible COVID-19 Exposure During Field Exercise at Garrison Petawawa

Today, Renfrew County and District Health Unit (RCDHU) is investigating a possible exposure to COVID-19 during a field exercise at Garrison Petawawa. Several individuals have tested positive for COVID-19 who attended a field exercise during their contagious period.

All Canadian Armed Forces (CAF) members who attended the field exercise have been instructed to immediately self-isolate, and they have been advised of their work and isolation responsibilities.

All household contacts of CAF members who attended the field exercise (vaccinated or unvaccinated) should limit their movements in the community and only leave the house for essential reasons such as attending school, work or to seek medical care.

CAF members and their household contacts should self-monitor for all symptoms of COVID-19, **even runny nose, or sore throat**, until November 26, 2021, at 11:59 p.m., unless you have received specific guidance from public health. If you become symptomatic, you should immediately self-isolate and seek testing, even if you are fully vaccinated.

The most common symptoms of COVID-19 include:

- Fever and/or chills
- Cough or barking cough
- Decrease or loss of taste or smell
- Muscle aches/joint pain
- Extreme tiredness

Other symptoms of COVID-19 include:

- Sore throat
- Runny nose or nasal congestion
- Abdominal pain
- Headache
- Conjunctivitis (pink eye)

To book a COVID-19 test with Renfrew County Virtual Triage Assessment Centre (VTAC) visit <https://rcvtac.ca/>. If you cannot book online call VTAC at 1-844-727-6404. Click here to view the [public testing schedule \(November 15-19\)](#).

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

For more information, visit [RCDHU's website](#) or call 613-732-3629 or 1-800-267-1097.

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