



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

For Immediate Release

(Pembroke, Ontario, September 15, 2020)

RCDHU Declares Outbreak at Fellowes High School

A second staff member, a contact of the original individual who tested positive for COVID-19, has tested positive based on a result received today. Two confirmed cases that are linked within the school meets the provincial guideline for the declaration of an outbreak.

The Renfrew County and District Health Unit (RCDHU) is continuing to work closely with Fellowes High School to ensure aggressive follow-up and testing of individuals considered at risk.

Fortunately, the outbreak is in a relatively confined area of the school with a small number of people at risk. Although there might be a few more cases, RCDHU is optimistic that this outbreak can be well contained without further spread throughout the school. However, only ongoing investigation and more results will give RCDHU the evidence required to make a further determination.

"We can use this a teachable moment to remind ourselves how each and every one of us should conduct ourselves in the time of COVID-19," states Dr. Cushman, Acting Medical Officer of Health, RCDHU.

First, **if you have any symptoms at all, stay home. Don't go to work.** Have a "low bar" for COVID-19 symptoms as they can mimic anything and everything, including health problems you may have had in the past. **Do not make your own diagnosis, leave that to the health professionals and to the testing.**

Secondly, if you have symptoms and are being tested, those in your immediate household should also **stay at home and monitor themselves for symptoms** while awaiting the result of your test.

Dr. Cushman advises residents to "limit your social activities and keep your bubble small" as we have seen all too well, what gyms, barbeques, bars, and parties can do. In Ottawa, one individual who was sick resulted in 40 individuals testing positive for COVID-19.

We need to constantly practice handwashing, physical distancing, masking, and use the [COVID Alert App](#). Be sure to:

- Clean your hands frequently with soap and water or an alcohol-based hand rub.
- Cover your mouth and nose with a tissue when you cough or sneeze, then clean your hands.

- If you don't have a tissue, sneeze or cough into your sleeve and then clean your hands.
- Avoid touching your eyes, nose or mouth, unless you have just cleaned your hands.
- If you are ill, stay home.
- Avoid contact with people who are sick.
- Get your flu shot.

Dr. Cushman states “we all have COVID-19 fatigue, but this is a marathon and we are in a key phase with new challenges. If we want schools to stay open and the economy to progress, we must recognize that individual vigilance and strict observance of public health recommendations are imperative. This is not the time to let down our guard but rather just the opposite.”

If you think you may have COVID-19 symptoms or have been in close contact with someone who has tested positive for COVID-19, first [self-isolate](#) and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care.

For more information about the COVID-19 Testing Schedule visit the Renfrew County Virtual Triage Assessment Centre (RCVTAC) website at <https://rcvtac.ca/> or call 1-844-727-6404 to book an appointment. 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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