



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

For Immediate Release

(Pembroke, Ontario, 5:30 p.m. September 18, 2020)

RCDHU Update on COVID-19 Outbreak at Fellowes High School

This morning, September 18th, Renfrew County and District Health Unit (RCDHU) facilitated a second pop-up testing clinic at 7 International Drive, Pembroke, for the remaining staff and students from Fellowes High School. As a result of the pop-up testing clinics held yesterday and today, RCDHU was able to test over 180 staff, students and contacts.

RCDHU can confirm that the total number of cases at Fellowes High School remains at 5; 1 student and 4 staff members, as of the date and time of this media release. For the initial group of staff and students, all the test results have now been received. We expect to see results from the testing conducted yesterday and today coming in over the weekend, and we will provide updates accordingly. At this time all staff and students have been advised to self-monitor or self-isolate based on direction received from RCDHU.

It is important for everyone to understand what one must do to meet self-monitoring and self-isolation criteria.

If you have been advised to [self-monitor](#), you must:

- Monitor for any COVID-19 symptoms for 14 days after exposure,
- Avoid public spaces/places where you cannot maintain a physical distance of 2 metres from others,
- Wear a mask/face covering whenever you are unable to maintain a physical distance of 2 metres from others,
- If you develop symptoms, immediately self-isolate;

If you have been advised to [self-isolate](#), you must:

- Stay at home,
- Do not go to school, work or other public places/spaces,
- Avoid contact with others,
- Keep your distance,
- Wash your hands often,
- Cover your cough and sneezes,
- Wear a mask/face covering if you leave your home to visit a health care provider or to get a COVID-19 test,

- Within your household, wear a mask/face covering or maintain a physical distance of 2 metres from others. If you cannot maintain 2 metres distance, stay in a separate room.

RCDHU will continue to update the school community and the public daily. In the meantime, RCDHU asks everyone to rigorously observe public health precautions – stay home if you are sick, avoid contact with people who are ill, limit social activities, keep your bubble small, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash your hands, and use the COVID Alert App.

For all other information, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call 613-735-8654. For COVID-19 testing dates and times visit the Renfrew County Virtual Triage Assessment Centre (VTAC) [testing schedule](#) or call VTAC at 1- 844-727-6404 to book an appointment for testing.

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