



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

## For Immediate Release

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(Pembroke, Ontario, 8:30 p.m. September 19, 2020)

### **RCDHU Update on COVID-19 Outbreak at Fellowes High School**

Renfrew County and District Health Unit (RCDHU) is confirming that a community contact connected to the outbreak has tested positive for COVID-19. This case is not a student or staff member at Fellowes High School but had been identified through contact tracing. They have been isolating since being identified as a high-risk contact. No additional positive tests among students or staff members were received today.

RCDHU will continue to monitor test results, conduct contact tracing as required and update the school community and the public daily.

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 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.

Dr. Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit, states “This serves as a reminder of how easily this virus can spread. It is vital that all public health measures are followed to control exposures”.

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.

- 30 -

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