



COVID-19 Info Sheet

If you are concerned that you have been exposed to or contracted the COVID-19 virus, please do NOT come into the office or present to an emergency room. Isolate yourself from others as quickly as possible, and call Renfrew County and District Health Unit at (613) 735-8654, extension 577, or Telehealth Ontario at 1-866-797-0000 for further instructions.

COVID-19 FAQs:

1. What is COVID-19 or coronavirus?

Coronaviruses are a large family of viruses that circulate both in humans and animals. Human coronaviruses are common and are typically associated with mild illness, similar to the common cold, and spread easily between people. There are, however, strains of coronaviruses that have spread from animals to humans which have caused more severe illness in humans in the recent past, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). These tend to not spread as easily from person to person.

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for: older people, people with chronic conditions such as diabetes, cancer, heart, renal or lung disease.

On December 31, 2019, Chinese health authorities identified a new (or novel) coronavirus (referred to as 2019-nCoV or COVID-19) through a series of reported cases of pneumonia in Wuhan, China. It is thought that this new coronavirus (COVID-19) originated in another animal (possibly of bat origin).

2. What is Social Distancing?

In order to decrease transmission of COVID-19 in Renfrew County and District (RCD), Renfrew County and District Health Unit is now recommending that all residents of RCD practice social distancing. Social distancing involves taking steps to limit the number of people you come into close contact with. This will help to limit the spread of COVID-19 in the community.

Social distancing includes, but is not limited to:

- Talk to your supervisor, manager, or employer about the possibility of working from home where possible.

- Avoid sending children to daycare, if you are able to.
- Avoiding visits to Long-Term Care Homes, Retirement Homes, Supportive Housing, Hospices and other congregate care settings unless the visit is absolutely essential.
- Avoiding non-essential trips in the community.
- If you have to go into the community for an essential trip via taxi or rideshare, be sure to keep the windows down.
- If possible, limit or consider cancelling group gatherings.
- If you have meetings planned, consider doing them virtually instead of in person.

Whenever possible, spend time outside and in settings where people can maintain a 1-2 metre (3-6 feet) distance from each other. Please note: that these guidelines are not meant to say “you must stay in your home!”

You can still go outside to take a walk, go to the park, or walk your dog. If you need groceries, go to the store. We simply recommend that while outside you make sure to avoid crowds and maintain a distance of 1-2 metres (3-6 feet) from those around you.

3. How can I protect myself and my family?

To reduce the spread of germs including the flu and the novel coronavirus (COVID-19) we recommend that you:

- Wash your hands often with soap and water, or use alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just cleaned your hands
- Cover your cough and sneeze with a tissue or into your arm, not your hand, then clean your hands
- If possible, stay home if you are sick
- Avoid visiting people in hospitals or long-term care centers if you are sick
- Clean and disinfect frequently touched objects and surfaces
- Practice social distancing (see above definition of social distancing)

It is still recommended to get your flu shot if you haven't already as the flu virus is still circulating in the community (To book an influenza vaccination, call RCDHU at: 613-735-8666).

Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others. We are all in this together.