

Media Release

Date: April 2, 2020

City reminds residents to do their part to stop the spread of COVID-19

The City of Pembroke is reminding all residents to do their part to stop the spread of COVID-19 in the community.

As local case numbers increase, it is more important than ever to follow the directives given by the Renfrew County and District Health Unit in order to keep the community as safe as possible during this pandemic.

“This is an unprecedented time and COVID-19 is a very serious health issue,” says Mayor Mike LeMay. “It is extremely important that everyone works together stop the spread and that we listen to the advice of our health authorities.”

The Renfrew County and District Health Unit notes people need to take the following actions in order to stop the spread of COVID-19 in the area:

- Practice physical distancing by limiting your contact with people, and maintaining a two-meter distance from others when you need to be around people
- Avoid non-essential trips in the community
- Go shopping only for the essentials of food and medications
- If you have to go into the community for an essential trip via taxi or rideshare, be sure to keep the windows down
- Self-isolate for if you have travelled internationally (for 14 days), are over 70 years old or are immunocompromised
- Cancel social gatherings
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer
- Cough and sneeze into your arm or a tissue, and then wash your hands
- Work from home if you are able
- Clean and disinfect frequently-touched objects and surfaces

If you are feeling sick, the Health Unit recommends taking the [online self-assessment](#) to help you determine what to do. If you have a health concern and need to speak to a physician, first call your family physician’s office. If you do not have a family physician or cannot access your family physician, call the [Renfrew County Virtual Triage and Assessment Centre](#) at 1-844-727-6404. A medical receptionist will connect you with care and support from a nurse practitioner, family physician, and/or community paramedic. This new service is covered by OHIP with a valid health card.

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Renfrew County and District Health Unit staff are also responding to COVID-19 inquiries via telephone. They are available Monday to Sunday from 8 a.m.-7 p.m. at 613-735-8654.

For further information on COVID-19, please refer to the following sources:

[The City of Pembroke COVID-19 Updates and Info](#)

[The City of Pembroke COVID-19 Business Resources](#)

[Renfrew County and District Health Unit](#)

[Ontario Coronavirus Self-assessment Tool](#)

[Health Canada](#)

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