Media Release

First case of COVID-19 in Timiskaming District
March 24, 2020 - For immediate release

On March 24, 2020 Dr. Glenn Corneil, Acting Medical Officer of Health for the Timiskaming Health Unit, confirmed the first positive case of COVID-19 in the district of Timiskaming. A male in his 30s who had close contact with a confirmed positive case while he was out of the district of Timiskaming presented himself for testing on March 18, 2020 with mild symptoms.

Testing took place at a primary care facility and all necessary infection prevention & control measures were taken. The patient had notified the primary care facility prior to coming in for testing and the test was conducted outside of the facility. Following the test the patient has been self-isolating and is doing well.

Dr. Glenn Corneil, Acting Medical Officer of Health for the Timiskaming Health Unit said, *"Given the transmission of the virus around the world and the more recent increase in Ontario, it is not unexpected that we are now announcing our first positive case of COVID-19 in our district. Our health professionals and community partners have been preparing for COVID-19 and continue to do so. The focus of breaking the chain of transmission remains the key, and we ask that everyone do their part by distancing themselves from others, and self-isolating for 14 days if you have travelled outside of the country."*

Any future positive cases of COVID-19 in our district will be posted to our website (www.timiskaminghu.com), specific media releases may not be issued. You can also find information on our site regarding the amount of tests that have been done, negative results, and pending results.

How to protect yourself and others

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- physical distancing **(maintain 2m/ 6 ft distance from others whenever possible)**
- stay home if you are sick

How to self-isolate

How to hand wash

IMPORTANT: If you think you may have COVID-19 symptoms or have been in close contact with someone who has it, first self-isolate and then use Ontario's Self-Assessment Tool to see

if you need to seek further care. If you need further assistance, call Telehealth Ontario for medical advice at 1.866.797.0000 (TTY 1.866.797.0007) or your local health care provider. You can also call Timiskaming Health Unit at 705.647.4305 (toll-free 1.866.747.4305). Be sure to mention your symptoms and your travel history, including the countries you visited. **If you are ill and must visit a health care professional, call ahead and tell them that you have a respiratory illness.** You may be asked to wear a mask while waiting for or receiving treatment to prevent the spread of illness. If you need immediate medical attention, call 911 and mention your travel history and symptoms.

Visit Ontario's website to learn more about how the province continues to protect Ontarians from COVID-19.

For more information:

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