

MEDIA RELEASE

Now 10 Cases of COVID-19 in the Porcupine Health Unit Area

Medical Officer of Health Urging Residents to Stay Home and Follow Public Health Measures

For Immediate Release — Friday, March 27, 2020

Cochrane, Ontario — Today, Dr. Lianne Catton, Medical Officer of Health of the Porcupine Health Unit (PHU), is reporting three more cases, for a total of 10 cases of COVID-19 in the PHU. We believe the cases are linked to international travel or contact with another case we are investigating.

The individuals are following the directions of public health and remain in self-isolation at home with monitoring by the PHU.

While these cases are likely linked to international travel and other cases, COVID-19 is circulating in our communities. We urge each and every individual across all PHU communities to stay home as much as possible and self-isolate if unwell. It is now mandatory to self-isolate for 14 days after any international travel. “We advise everyone to practice physical distancing by keeping a minimum of 2 metres between themselves and others”, emphasizes Dr. Catton.

The PHU will not be doing media releases with each case going forward. We will provide daily updates on our website and social media channels. However, the health unit will share information with the public if there is potential exposure of community members that requires follow-up, as appropriate. Likewise, if there is a change in the monitoring or overall status.

Dr. Catton adds, “We expect to see more cases, but we can slow down the spread if everyone stays home as much as possible. If you must go out, plan your errands to minimize the contact you have with other people. That’s the best way to control the spread of COVID-19. We’re all in this together. We must all do our part.”

The Porcupine Health Unit is located in Northeastern Ontario, serving the entire Cochrane District and Hornepayne, in Algoma District. The main office is located in Timmins, Ontario, with branch offices in Cochrane, Hearst, Hornepayne, Iroquois Falls, Kapuskasing, Matheson, Moosonee and Smooth Rock Falls.



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

The Porcupine Health Unit COVID-19 Information Line

- If you are experiencing fever, dry cough and/or shortness of breath, call the PHU COVID-19 Info Line at 1-800-461-1818 extension 2919.
- Available Monday to Friday from 8:30 am to 4:30 pm
- Callers can leave messages and PHU staff will call back within 24 hours.
- At times, call volumes are high, and your patience is appreciated.

COVID-19 Assessment Centre: Intrepid Place in Timmins

- Further assessment and testing.
- Referrals by health care providers required.
- By appointment only. Walk-ins will not be seen.
- Not everyone who attends the clinic will be tested.

Prevention Measures

Take the necessary precautions to protect yourself and others to reduce the spread of COVID-19:

- Wash your hands or use hand sanitizer often
- Avoid touching eyes, nose and mouth
- Cough into your sleeve or tissue
- Stay home if you are sick
- Practice physical distancing – stay home as much as possible, limit visitors to your home.
- Do your best to keep at least two metres away from others

Symptoms of COVID-19

- Fever, cough and difficulty breathing
- Complications can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

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 at 1-866-797-0000 or your health care provider. You can also call the Porcupine Health Unit at 705-267-1181 or toll-free 1-800-461-1818.
- 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 if you have a respiratory illness.
- If you need immediate medical attention, call 911 and mention your travel history and symptoms.

For further information, please contact:

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