

# MEDIA RELEASE

## Fifth Case of COVID-19 in the Porcupine Health Unit Area



**For Immediate Release — Wednesday, March 25, 2020**

**Timmins, Ontario** — Today, Dr. Lianne Catton, Medical Officer of Health of the Porcupine Health Unit (PHU), is reporting that a female in her forties is the fifth confirmed case of COVID-19 in the Porcupine Health Unit (PHU) region. Dr. Catton said, “We believe the case is linked to international travel, but have no concerns about an exposure of others on the international and domestic flights.”

The individual was assessed and tested at the Timmins COVID-19 Assessment Centre on Saturday, March 21, 2020. Staff took all necessary precautions for infection control, assessment, and testing. The individual followed the directions of public health and remains in self-isolation at home, with monitoring by the PHU. The PHU conducts a thorough case investigation to help identify anyone who may be a close contact. If you are considered a close contact of this or any case, you will receive a call from the PHU.

“Seeing a travel-related case in our community is an important reminder that it is critical for every individual who has travelled outside of Canada to self-isolate for 14 days to reduce the spread of COVID-19,” said Dr. Catton.

Dr. Catton stresses that the evolving nature of COVID-19 requires our immediate attention. “We urge each and every community member to practice social distancing by keeping a minimum of 2 metres between themselves and others; stay home, and limit potential exposure to COVID-19. Physical distancing is key – we need to work together to reduce the opportunity for the virus to spread from person to person. This is how we will protect our vulnerable community members.”

Dr. Catton says we need to act with the assumption that COVID-19 is circulating in our communities. “We’re all in this together. Each community member needs to follow preventative measures to help reduce the spread of COVID-19.”

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 suspect you have symptoms of COVID-19**

- 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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