



Renfrew County and District Health Unit

“Optimal health for all in Renfrew County and District”

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April 16, 2022

Dear Parent/Guardian,

Re: Ongoing Increased COVID-19 Transmission in the Community and at School

With the high level of Omicron circulating in our regions, it is likely that your child's school is seeing an increase in individuals who are testing positive for COVID-19. [Information about COVID-19 school closures and absenteeism](#) is available from the province.

Many people have likely gathered with loved ones and/or attended religious ceremonies over this holiday long weekend. In response to the high levels of COVID-19 and especially following this period of frequent gatherings, we are asking that families practice extra vigilance and consider public health measures that will protect themselves, their families, and their school and community.

The Renfrew County and District Health Unit (RCDHU) is advising the following:

Wear a properly fitted and well-constructed 3-ply cloth mask or medical mask indoors in public places, including schools and on school vehicles:

- *RCDHU strongly recommends that individuals continue to wear a mask in indoor settings, including schools, especially when distancing may be difficult.*
- A well fitted high quality mask is an effective way to help prevent the spread of COVID-19 and other respiratory viruses and helps to protect you and those around you from becoming infected.
- Be kind and respectful of others' decisions on whether to wear a mask. There are many reasons why one might choose or be required to wear a mask.
- The following are **situations where masks continue to be required**:
 - If you travelled out of the country in the last 14 days. See [current federal travel requirements](#).
 - If you had COVID-19 within the last 10 days (20 days for immune compromised individuals) and your isolation period is complete.
 - If you were in close contact within the last 10 days with someone who has COVID-19.

Get vaccinated:

- Vaccines are safe, effective and the best way to protect your child and those around them from serious illnesses like COVID-19. The COVID-19 vaccines available in Canada are effective against all current variants.
- To get vaccinated **in Renfrew County and District Region**: Book an appointment using the [Provincial COVID-19 Vaccination Portal](#), call the call the Provincial Vaccine Contact Centre at 1-833-943-3900 or visit a [Walk-in Clinic](#).

Check for symptoms of COVID-19 and stay home if sick:

- Students, teachers, school staff and visitors should continue to self-screen for symptoms of COVID-19 every day before going to school using the [COVID-19 School and Child Care Screening](#) tool.
- Anyone who has any symptoms of illness, even one, should stay home. All household members should also monitor for symptoms daily.
- If your child or a member of your household develops symptoms, complete the [COVID-19 School and Child Care Screening](#) tool and follow the instructions provided.

Continue to practice good hand hygiene and respiratory etiquette:

- Wash your hands often or use hand sanitizer. Cover your coughs and sneezes.

Have small gatherings of family and friends:

- Meet in a well-ventilated area, outside if possible, where people can spread out comfortably.
- Have everyone assess for symptoms before they come.
- If older adults or people who are immune compromised will be joining you, consider wearing a mask to help protect them.

These layers of protection combine to reduce the prevalence of COVID-19 and other respiratory infections, including influenza, that are circulating in our community.

For more information on COVID-19:

- In Renfrew County and District Region: Call RCDHU at 613-732-3629 or toll free 1-800-267-1097 or visit our website at: <https://www.rcdhu.com/novel-coronavirus-covid-19-2/>.

Sincerely,



Dr. Robert Cushman
Acting Medical Officer of Health
Renfrew County and District Health Unit



Dr. Michelle Foote
Public Health Physician
Renfrew County and District Health Unit