

# NEWS RELEASE

For immediate release: November 24, 2020

## Health Unit Declares Community Outbreak in Connection with Nipissing University

NORTH BAY, ON - The North Bay Parry Sound District Health Unit (Health Unit) has declared a community COVID-19 outbreak after six (6) members of the Nipissing University athletic community have tested positive for COVID-19. While the individuals who tested positive do not live on Nipissing University's campus they have had interactions at the R.J. Surtees Student Athletics Centre gym and at social gatherings in the community. Other University buildings and properties are not impacted.

Close contact tracing has been completed and those who were in close contact with folks who have tested positive for COVID-19 were asked to self-isolate and arrange to be tested. Individuals who have attended social gatherings with folks who are a part of the Nipissing University athletic community are asked to self-monitor for symptoms of COVID-19. If they develop symptoms of COVID-19 they should isolate immediately and arrange to be tested.

"Our staff are working with Nipissing University to provide important public health direction," said Dr. Jim Chirico Medical Officer of Health. "Our communities are experiencing a significant increase in COVID-19 illness. We all must act now to slow the spread. I urge you to:

- Assume everyone outside of your home has COVID-19 and take precautions.
- Limit travel outside the home:
  - To attending school or work - if unable to work from home;
  - For essential trips for groceries, medication and medical appointments.
- Do not travel out of district.
- Avoid socializing for now.
- Limit exercise and recreation to outdoor spaces where physical distancing is possible.
- If you have COVID-19 symptoms or feel ill, isolate immediately and arrange to be tested for COVID-19."

The Health Unit encourages everyone to remain 'COVID Kind' and continue to support each other through these difficult times. Continue to follow public health measures including physical distancing, wearing a face covering, washing or sanitizing hands often, coughing or sneezing into your sleeve.

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 your health care provider or the Health Unit at **1-800-563-2808**. If you have severe symptoms, such as difficulty breathing, you should call 911 and mention your symptoms.

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

For more information, please visit [myhealthunit.ca/COVID-19](https://myhealthunit.ca/COVID-19).

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### **Media Inquiries:**

Alex McDermid, Public Relations Specialist

P: 705-474-1400, ext. 5221 or 1-800-563-2808

E: [communications@healthunit.ca](mailto:communications@healthunit.ca)