

# NEWS RELEASE

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## HEALTH UNIT UPDATE ON COVID-19

NORTH BAY, ON - The risk to individuals for COVID-19 in the Health Unit's district remains low. For individuals who attended the Prospectors & Developers Association of Canada conference (PDAC), held between March 1 and 4, 2020, it is recommended that you monitor your health. If you do not have symptoms you do not need to separate yourself from others. Should you develop a fever, cough or have difficulty breathing, you need to separate yourself immediately and call the Health Unit at 1-800-563-2808 ext. 5229 to speak with a public health nurse, or call your health care provider. This will help keep the emergency room resources available for trauma and emergent care patients. If you do need immediate medical attention, such as severe difficulty breathing, you should call 911 and mention your travel history, your presence at PDAC and symptoms.

The recommendations are the same for individuals who in the last 14 days have been to a COVID-19 infected area, been in close contact with a confirmed or probable case of COVID-19 or been in close contact with a person with difficulty breathing, cough and/or fever, who has been to a COVID-19 infected area.

The best way for the public to protect themselves is through simple hygiene practices such as, regular handwashing or using alcohol-based sanitizers, not touching your face, covering your cough or sneeze and staying home when sick.

Employers are encouraged to use the World Health Organization's [guidance for getting your workplace ready for COVID-19](#), encourage and support employees who attended PDAC to work from home and to visit [myhealthunit.ca/COVID-19](http://myhealthunit.ca/COVID-19) for more information.

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### For more information:

Alex McDermid, Public Relations Specialist  
P: 705-474-1400, ext. 5221 or 1-800-563-2808  
E: [communications@healthunit.ca](mailto:communications@healthunit.ca)