

NEWS RELEASE

For immediate release: March 25, 2020

HEALTH UNIT FOLLOWING UP WITH CLOSE CONTACTS OF A POSITIVE COVID-19 INDIVIDUAL WHO RESIDES AND WAS TESTED OUTSIDE OF THE HEALTH UNIT DISTRICT

NORTH BAY, ON - The North Bay Parry Sound District Health Unit (Health Unit) was officially notified late yesterday morning of an individual who resides and tested positive for COVID-19 outside our district. The Health Unit is actively following up with this individual's close contacts that reside in our district, as per the Public Health Management of Cases and Contacts of COVID-19 in Ontario protocol. The close contacts have been directed to self-isolate for 14 days and the Health Unit is awaiting test results. Due to privacy legislation the Health Unit is unable to share details about these individuals. The Health Unit will notify the public when an individual who resides in our district tests positive for COVID-19.

All public health units across Ontario work together as a system with the Ministry of Health, Public Health Ontario, and other partners to investigate and respond to cases of COVID-19. Our response is evidence-based and is in accordance with Ministry of Health direction and guidance.

It is expected that there will be individuals who test positive for COVID-19 within the Health Unit's district at some point. The public plays an important role in helping to reduce the spread of COVID-19. Physical distancing will help to slow the spread of COVID-19 and save lives. Protect yourself and those around you by regularly washing your hands or using alcohol-based sanitizers, not touching your face, covering your cough or sneeze and staying home when sick.

Currently, there is no specific treatment for COVID-19. It is important to remember that four out of five people with COVID-19 have no symptoms or mild symptoms. People who are mildly ill should isolate and care for themselves at home. Most will recover in one to two weeks by simply treating the symptoms.

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.

Visit myhealthunit.ca/COVID-19 for more information.

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