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# Media Release



## **Second case of COVID-19 in Timiskaming District March 30, 2020 - For immediate release**

On March 30, 2020 Dr. Glenn Corneil, Acting Medical Officer of Health for the Timiskaming Health Unit, confirmed a second positive case of COVID-19 in the district of Timiskaming. The female in her 30s, is the wife of the man who was confirmed on March 24, 2020 as the first positive case in our district. She was subsequently tested on the same day. Her result is a direct link to close contact with her husband and no new contacts were identified in this case.

Testing took place at a primary care facility and all necessary infection prevention & control measures were taken. The facility arranged testing for the patient prior to her arrival and following the test the patient continued to self-isolate and is doing well.

Dr. Glenn Corneil, Acting Medical Officer of Health for the Timiskaming Health Unit highlighted once again, *“The importance of following recommendations and mandatory requirements continues to be the key to reducing the spread of COVID-19. Stay home if you can. Practice physical distancing. Wash your hands often. If you have travelled outside of Canada you must self-isolate for 14 days upon your return.”*

**Any future positive cases of COVID-19 in our district will be posted to our website ([www.timiskaminghu.com](http://www.timiskaminghu.com)), specific media releases may not be issued. You can also find information on our site regarding the amount of tests that have been done, negative results, and pending results.**

## **How to protect yourself and others**

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- physical distancing (**maintain 2m/ 6 ft distance from others whenever possible**)
- stay home if you are sick

[How to self-isolate](#)

[How to hand wash](#)

**IMPORTANT:** 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 for medical advice at 1.866.797.0000 (TTY 1.866.797.0007) or your local health care provider. You can also call Timiskaming Health Unit at 705.647.4305 (toll-free 1.866.747.4305). 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 that you have a respiratory illness.** You may be asked to wear a mask while waiting for or receiving treatment to prevent the spread of illness. If you need immediate medical attention, call 911 and mention your travel history and symptoms.

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

For more information:

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