

# Media Release



## COVID-19: Update

### For immediate release – *March 11, 2020*

Timiskaming Health Unit is aware of a confirmed case of COVID-19 in the Sudbury and Manitoulin Districts. On March 2 and 3, this individual attended the PDAC (Prospectors & Developers Association of Canada) 2020 convention in Toronto.

“The working hypothesis at this time is that this individual was exposed to COVID-19 at the convention, thus as a precautionary measure, we are asking those who attended PDAC 2020 to monitor for symptoms for 14 days since leaving this event” said Dr. Glenn Corneil, Acting Medical Officer of Health for Timiskaming. Symptoms of COVID-19 can range from mild to severe and include fever, cough, and difficulty breathing (shortness of breath). “In general, large gatherings with brief interactions including walking by a person who may be infected with COVID-19 or briefly being in the same room with that person are considered a low risk” adds Corneil.

**IMPORTANT:** If you suspect you have symptoms of COVID-19, call Telehealth Ontario at 1-866-797-0000 (TTY 1-866-797-0007) or Timiskaming Health Unit at 705-647-4305 (toll-free 1-866-747-4305). Be sure to mention your symptoms and your travel history. **If you are ill and must visit a health care professional, call ahead and tell them that you have a respiratory illness.** If you need immediate medical attention, call 911 and mention your travel history and symptoms.

“As a community and as a health system, we have been preparing for COVID-19. We encourage community members to do what they can to stay healthy, protect others by staying home if feeling unwell, and to generally be prepared,” said Corneil. At this time, the virus is not circulating locally. However, this is a rapidly changing situation.

Take these everyday steps to reduce exposure to the virus and protect your health:

- Wash your hands often with soap and water and/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, stay home if you are sick;
- Clean and disinfect frequently used areas and objects in your home, childcare, office, and classroom to help prevent the spread of germs (cellphones, door handles, light switches, toys, etc.);
- Make sure you and your family are up-to-date on your vaccinations. Remember to get the annual influenza (flu) vaccine, too;
- If you are travelling, refer to the Government of Canada’s [travel advice](#) for notices and advisories.

For reliable and up to date information about COVID-19, visit [ontario.ca/coronavirus](https://ontario.ca/coronavirus)

-30-

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