

First confirmed case of COVID-19 in Chatham-Kent

CK Public Health has been notified by the Ontario Public Health Laboratory of a positive case of COVID-19 infection in the Chatham-Kent area. The individual is a 52 year old male and the case is related to cruise travel. The individual is currently in isolation at home and is doing well. CK Public Health staff is following up with his close contacts, who will be advised to self-isolate at home for the next 14 days.

“This does not change, in any way, what we have been asking of the public, says Medical Officer of Health Dr. David Colby. We must continue to closely abide by the measures that have been directed in order to halt the further spread of this virus within our community.”

CK Public Health directs the following actions to not only help prevent the spread of COVID-19:

- **EXERCISE SOCIAL DISTANCING**
 - avoid non-essential trips in the community
 - limit, postpone or cancel group gatherings
 - conduct meetings virtually wherever possible
 - keep a physical distance of at least 2 metres between yourself and others
 - keep children away from group settings
- Wash your hands often with soap and water for at least 20 seconds.
- If you are unable to access soap and water, use 70% alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cough or sneeze into a disposable tissue or into your elbow, not into your hand.
- Now and in any cold and flu season, stay home if you are sick to avoid spreading illness to others.
- Clean and disinfect frequently touched objects and surfaces

As a reminder if you've returned to Canada from travel (including from the United States) in the last 14 days, you need to self-isolate at home.

CK Public Health continues to actively monitor this developing situation actively, in collaboration with national and provincial health agencies, as well as local community partners.

For more information about COVID-19, residents are asked to please visit www.ckpublichealth.com/covid19 or call the CK Public Health COVID-19 intake line at **519.355.1071 x 1900**

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