

**Second travel-associated case of COVID-19 in Chatham-Kent**

CK Public Health was notified today the Ontario Public Health Laboratory of a second positive case of COVID-19 infection in the Chatham-Kent. The individual is an 81 year old female who had recently travelled to the United States. The individual was admitted to hospital in isolation on March 16 and remains in stable condition. CK Public Health staff advised the close contacts to self-isolate at home for 14 days on March 16.

“Having our second positive case does not mean that we are losing this battle at a local level, stresses Dr. David Colby, Chatham-Kent’s Medical Officer of Health. We had anticipated this virus travelling to our community and we are working to identify and isolate cases and their contacts to break the chain of infection. This is why the closures, bans and directions came when they did.

**CK Public Health directs the following actions to help prevent the spread of COVID-19 within the community:**

- **EXERCISE SOCIAL DISTANCING**
  - avoid all non-essential trips, in within 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

**If you have returned to Canada from travel (including from the United States) you need to self-isolate at home.**

“Travel to the United States is absolutely considered as travel outside of Canada, reminds Dr. Colby. Sometimes with our close proximity, we may feel as if a day-trip over the border doesn’t count but I assure you that we will have better success in combatting the spread of this virus if we restrict travel everywhere.”

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

For information and updates related to COVID-19, residents are asked to please visit [www.ckpublichealth.com/covid19](http://www.ckpublichealth.com/covid19) or call the CK Public Health COVID-19 intake line at **519.355.1071 x 1900**

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