

MEDIA RELEASE

For immediate release

February 25, 2020

Illnesses in local communities

Both gastrointestinal and respiratory illnesses are circulating at higher than usual rates in local communities, according to Northwestern Health Unit (NWHU). Symptoms of gastrointestinal viruses may include vomiting, diarrhea, and stomach cramps; symptoms of respiratory illnesses like influenza can include cough, fever, runny nose, and extreme tiredness.

Donna Stanley, Manager of Infectious Diseases at NWHU assures residents that COVID-19 does not pose any significant risk in our area, “The most likely cause for respiratory illness symptoms in our region continues to be influenza”. Stanley advises the public, “To prevent getting sick from any viral illness, it is important to wash your hands often, cover your cough, and stay home when ill”.

People most at risk of complications of viral illnesses include children under 5 years old, pregnant women, people with underlying health conditions, and anyone aged 65 years and older. The public is urged to call telehealth at 1-866-797-0000 if they are ill and have questions or concerns about their symptoms.

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