



## Stopping the spread of COVID-19 is everyone's responsibility

March 22, 2020: Wellington-Dufferin-Guelph Public Health has confirmed a case of COVID-19 in a resident of Wellington County. The 66-year-old male is recovering in the Louise Marshall Hospital under all appropriate precautions. This individual did not have a travel history or contact with a known case.

“This is evidence that the COVID-19 virus is circulating in our community and you can get it from another person,” said Dr. Nicola Mercer, Medical Officer of Health and CEO of Wellington-Dufferin-Guelph Public Health. “It is very important for individuals to maintain social distancing. That means staying two arm lengths or six feet from anyone except immediate family.”

Social distancing is one important public health tool that everyone can do to prevent the spread of the virus. WDG Public Health also follows up with any contacts of known or presumed cases to ensure that those who need to self-isolate are doing so and have the means to look after themselves.

As this situation develops, WDG Public Health is again asking that everyone limit trips outside the home to only what is necessary such as groceries or medical care. If you have to go out please maintain social distancing from those around you. If you have any symptoms, such as fever, cough or flu-like symptoms, don't expose others, stay home and get well. If you are asked to stay home by public health do not go out, have family or friends get your groceries or other necessities.

Everyone should be aware that the coronavirus, COVID-19, is in our community. Wash your hands frequently, maintain social distancing, if you have symptoms stay home and call your doctor for a telephone appointment. Together we can protect each other.

### Media Contact

Chuck Ferguson  
Manager, Communications  
Wellington-Dufferin-Guelph Public Health  
1-800-265-7293 ext. 4374  
[chuck.ferguson@wdgpublichealth.ca](mailto:chuck.ferguson@wdgpublichealth.ca)  
[www.wdgpublichealth.ca](http://www.wdgpublichealth.ca)