

**NEWS RELEASE – FOR IMMEDIATE RELEASE**

**CHANGES IN GUIDELINES FOR COVID-19 TESTING**

**Campbellford, Ontario - September 24<sup>th</sup>, 2020**

**Effective immediately**, Ontarians should only seek testing at [assessment centres](#) if you are:

- Showing COVID-19 symptoms;
- Have been exposed to a confirmed case of the virus, as informed by your public health
- A resident or work in a setting that has a COVID-19 outbreak, as identified and informed by your local public health unit; and
- Eligible for testing as part of a targeted testing initiative directed by the Ministry of Health or the Ministry of Long-Term Care.

<https://news.ontario.ca/en/statement/58507/ontario-updates-covid-19-testing-guidelines>

- **Low risk, asymptomatic individuals should not be considered for testing**

**Typical symptoms of COVID-19 include:** fever/chills, new or worsening cough, shortness of breath/difficulty breathing, sore throat, difficulty swallowing, loss of taste or smell, nausea, vomiting, diarrhea, abdominal pain, and runny nose/nasal congestion (not explained by other reasons e.g. seasonal allergies).

Starting on September 25, you can get tested for COVID-19 **at select pharmacies** if you are not showing symptoms and eligible for testing as part of a targeted testing initiative directed by the Ministry of Health or the Ministry of Long-Term Care.

**Our best defence against COVID-19 is still to follow all public health measures like practicing physical distancing, wearing face masks and staying home when ill even with mild symptoms, so we can stop the spread.**

As Ontario continues to fight the spread of COVID-19, Ontario's Testing Strategy Expert Panel and Public Health Ontario will continue to actively review testing guidelines.

Testing continues to be available at any of the province's 150 assessment centres currently open, and at participating pharmacies starting this Friday. To find the closest pharmacy or assessment centre, please visit [Ontario.ca/covidtest](https://ontario.ca/covidtest)."

**Trent Hills Covid-19 Testing Centre** is located at lower side level of Campbellford Memorial Hospital (old Ambulance Bay). To get an appointment, call (705) 395-1801.

Patients who have symptoms of COVID 19 when the Trent Hills COVID-19 Assessment Centre is closed can complete an online COVID-19 self-assessment at <https://covid-19.ontario.ca/self-assessment/> or locate another COVID 19 Assessment Centre at <https://covid-19.ontario.ca/covid-19-assessment-centres>

For local updates on COVID-19, visit the HKPR District Health Unit web site at [hkpr.on.ca](http://hkpr.on.ca). A current list of COVID-19 symptoms can be viewed at <https://www.ontario.ca/page/covid-19-stop-spread>.

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