



WOODSTOCK HOSPITAL
Woodstock, ON

COVID-19 TESTING PATIENT INFORMATION HANDOUT

Why am I not being tested for COVID-19?

As cases of COVID-19 increase in the community, we understand that you may want to be tested when you are feeling unwell or nervous. However, during a pandemic situation we must carefully consider who to test in order to ensure demand for supplies is not overwhelmed.

Because there is no treatment a hospital can provide for someone with mild illness, staying at home until you feel well is still the best course of action anyone can take to avoid spreading COVID-19. In addition employers should not be requesting staff be tested if they have no symptoms.

If I'm not tested, does that mean I don't have COVID-19?

No. Given the nature of the virus and the broad spread, you may still have COVID-19. However, since the illness is relatively mild in most people, advice for what to do remains the same with or without a test:

- Stay home and avoid contact with others for at least 14 days
- Before you end self-isolation, make sure you have not had any infectious symptoms for more than 48 hours
- If you must leave your home, do not take public transit and wear a mask if available

Who is being tested?

People who will need admission to hospital, people with severe symptoms, or people who are at high risk of developing worsening disease AND who have risk factors will be tested. For example, having direct contact with a confirmed case is a risk factor. Having travelled on public transit is not a risk factor. If being tested prior to admission for surgery, induction or C-section, you must self-isolate from the time of being swabbed until admission date

People who work in at risk professions and who risk spreading to other vulnerable people should also be tested. At-risk professions include healthcare settings, schools or daycares, retirement homes, homeless shelters, prisons or other settings with vulnerable populations.

Why can't everyone be tested? Isn't that safer?

While testing everyone to trace the spread of COVID-19 would be ideal, the demand for tests far outweighs our ability to test. In order to keep health care environments and public as safe as possible, only those at risk of severe illness or high risk of spreading the virus can be tested at this time.

We understand that many people are currently experiencing workplace pressures to have tests or worries about affecting vulnerable family members. The testing guidelines we have established allow for use of resources at a pace that will help us keep the highest number of people safe and allow us to test when we need it most.

We appreciate that you have taken responsibility in coming in to be tested to keep yourself and others safe. If you experience persistent fever, new shortness of breath or chest pain, please return for emergency care. Otherwise, we ask that you continue to act responsibly and stay in home isolation until symptoms have resolved.

April 22, 2020



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Oxford County Walk-In Counselling COVID-19 Response

Oxford County Walk-In Counselling is a dedicated collaboration of local agencies that are committed to offering accessible and free Walk-In Counselling and Intake across Oxford County. Each agency has their own delivery of Walk-In service; however each partner has remained dedicated to offer Walk-In Counselling and Intake in a new way during the COVID-19 pandemic in order to 'flatten the curve' and to promote social distancing. Each agency is now offering Walk-In Counselling and Intake **via pre-booked telephone appointments**. Please refer to each agency's booking process below:

AGENCY	BOOKING PROCESS
 <p>Addiction Services <i>of Thames Valley Services de toxicomanie de Thames Valley</i></p>	<p>To reach ADSTV for Services or Intake, call 519-673-3242 Information and Intake Support – extension 222</p>
 <p>Canadian Mental Health Association Oxford County</p>	<p>To reach CMHA for Walk-In Counselling, call 1-800-859-7248 extension 210 Sessions will be available via telephone from Tillsonburg and area: Mondays 12:00 p.m. – 7:00 p.m. Ingersoll and area: Tuesdays 3:00 p.m. – 7:00 p.m. Woodstock and area: Saturdays 11:00 a.m. – 3:00 p.m.</p>
 <p>Oxford County Community Health Centre Every One Matters.</p>	<p>To reach OCCHC for Walk-In Counselling, call 519-539-1111 extension 207 OR extension 201 Sessions will be available via telephone from 9:00 a.m. – 11:00 a.m. on Wednesdays</p>
 <p>wellkin</p>	<p>To reach Wellkin for a Walk-In Counselling session, 1-877-539-0463 Sessions will be available via telephone Monday through Friday</p>
 <p>WOODSTOCK HOSPITAL</p>	<p>To reach Woodstock Hospital for Walk-In Counselling, call 519-421-4223 Sessions will be available via telephone from 12:00 p.m. – 6:00 p.m. on Thursdays</p>