

COVID-19 testing and assessment centres expanding in Northumberland

Local health and community care providers continue to work together through the Ontario Health Team of Northumberland (www.ohnorthumberland.ca) partnership to maximize Northumberland County's capacity for COVID-19 assessment and testing. To date over 23,000 tests have been conducted in our County since the pandemic arrived in March 2020.

Below is a table listing the contact information and location for each of the three dedicated COVID-19 testing and assessment centres now open. Please note: walk-in testing is not available at these sites. Appointments are required for each and availability varies according to location.

Who should be tested? Schedule an appointment if you:

- have COVID-19 symptoms (see what those symptoms are, or take a self-assessment, on Ontario's COVID-19 website: www.ontario.ca/page/covid-19-stop-spread#section-0)
- have been notified by public health or the COVID Alert app that you have been exposed to a confirmed case of the virus
- have been notified by public health that you are a resident or worker in a setting that has a COVID-19 outbreak
- have had a school health nurse, public health or primary care provider (family physician or nurse practitioner) tell you to be tested
- are eligible for testing as part of a targeted Ministry of Health testing initiative
- live or work in a setting considered at-risk for COVID-19, such as a long-term care home, community shelter or other congregate living setting;
- will be visiting a long-term care home

	Location	Hours of operation	Services available
NHH COVID-19 Assessment Centre	1000 DePalma Drive, Cobourg – <i>NOTE</i> – This service is now located in the NEW trailer space directly adjacent to the NHH Emergency Department entrance, with a dedicated and accessible entry/exit.	Open daily, 8AM to 4PM	COVID-19 testing for eligible patients Primary care provider assessment (Nurse Practitioner, physician) of patients eligible for COVID-19 testing as needed for other related care needs, eg. strep throat, common cold, prescription, etc. Pre-scheduled appointments only – call 905-377-7783
Trent Hills COVID-19 Testing Centre	At 146 Oliver Road in Campbellford, lower side level of Campbellford Memorial Hospital (the old Ambulance Bay).	Open Monday to Thursday, 9AM to 5PM	COVID-19 testing available for eligible patients Pre-scheduled appointments only – call 705-395-1801
NEW – Canton COVID-19 Testing Centre	At the Port Hope Community Hub (formerly the Canton Municipal Hall), 5325 County Road 10, just north of Canton	Open Monday, Wednesday and Thursday, and Friday, 8AM to 4PM	COVID-19 testing for those without active symptoms Pre-scheduled appointments only – call 905-377-7783

Outbreak lifted at NHH, visitor restrictions remain

Though a COVID-19 outbreak was declared at NHH on Friday, November 13 after two staff tested positive for the virus, the facility-wide outbreak was lifted by the Haliburton, Kawartha, Pine Ridge District Health Unit on Thursday, November 19 when additional investigation revealed that the exposure may have occurred outside the hospital setting. No further COVID-19 transmission has been identified among staff and patients. The hospital remains safe to attend for care as required.

NHH continues to restrict in-person visiting to essential visitors only. Other actions, including the closure of the Bistro to visitors and a pause on volunteer activity within the hospital, will continue for the time being out of an abundance of caution and concern for the rising cases in the community and surrounding regions. Please monitor the NHH website and social media channels for updates.

Safety precautions more important than ever to slow the spread of COVID-19

With the number of confirmed COVID-19 cases continuing to rise, Northumberland Hills Hospital (NHH) is issuing another appeal to residents and visitors alike to stay focused on these simple but essential safety precautions:

- **Physical distance** - Maintain a space of two metres (six feet) from other people outside your immediate household.
- **Mask** - Wear a face mask as directed, especially when distancing is not possible.
- **Wash your hands** - Clean your hands frequently and thoroughly with soap and water or use an alcohol-based hand sanitizer as an alternative when soap and water are not nearby.
- **Limit your in-person social interactions** – While the restrictions differ across the province, depending on the severity of the community spread in each region, it's widely known that limiting in-person social interactions can go a long way to reducing the spread of COVID-19 – we must all protect one another by staying apart as much as possible
- **Download the COVID Alert app** - Get a phone alert if you may have been exposed to COVID-19, and let others know if you test positive without sharing any personal information by downloading the COVID Alert app: www.covid-19.ontario.ca/covidalert
- **Have symptoms? Get tested** – There are three dedicated COVID-19 assessment and testing centres in Northumberland County.

COVID-19 is a global pandemic, and we each have a personal responsibility within our circles of influence to help bring it under control. Thank you for continuing to do all in your power to slow the spread of COVID-19 here in Northumberland.

Virtual visiting - A powerful option to help families stay connected with a loved one in hospital during the pandemic



Joe (centre), a patient in NHH's Restorative Care unit, has recently been receiving a 'virtual' visit from his wife, Phyllis, each weekday at 3PM. "It's wonderful!" said Phyllis. Coordinated by recreation therapists Amy Ludolph (bottom left) and Eileen Valles (standing), this visit is one of hundreds of virtual connections that have been made possible by NHH's Virtual Visiting team during the COVID-19 pandemic, thanks in part to iPads donated by community donors through the NHH Foundation. Have a loved one in hospital? See the Visiting Guidelines section of our website for Virtual Visiting information or contact the Virtual Visiting Team directly at 905-372-6811, ext. 3146, or by email at virtualconnections@nhh.ca