

## TESTING INFORMATION FOR PARENTS AND CAREGIVERS OF AMBE STUDENTS

*Information about when to seek testing for COVID-19, where to go, and what to do next.*

COVID-19 testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones. If you are unsure whether to seek medical care or get tested please call the MCA Community Health Program at 613-575-2341 ext. 3220 or use the Ontario COVID-19 Self-Assessment Tool at <https://covid-19.ontario.ca/>

### COVID-19 TESTING FOR CHILDREN

The MCA Community Health Program is a testing site and will test children as young as 1 year of age.

### TESTING ELIGIBILITY

You must:

- Have a valid provincial health card
- Reside in one of the 3 districts of MCA and/or are a member of Akwesasne residing in Cornwall or are a healthcare worker employed the Mohawk Council of Akwesasne.

If you do not have a valid health card, you can call the Kawehno:ke Medical clinic to schedule a test at 613-932-5808.

We also test MCA employees that are healthcare workers. Note, it is highly recommended that you are tested in your community as results are sent to the health unit in your postal code area. We may not get the results sent directly to us.

## TESTING FAQ

### Where do I go if I'm not eligible for testing at the MCA Community Health testing site?

If you reside in New York State, you can call the St. Regis Mohawk Tribe's Medical Clinic at 518-358-3141 ext. 7130.

Others may contact:

*Cornwall COVID-19 Assessment Centre*

By appointment only (please call 613-938-4240 ext. 5420)

850 McConnell Avenue

Cornwall, ON

NOTE: Children **must be at least 3 years** old to get tested at this location.

Testing is a free service. If you can, please bring your Ontario health card.

### Should I be tested?

September 25, 2020

If you develop cold, influenza or COVID-19-like symptoms, please self-isolate and get tested for COVID-19.

Use the Ontario self-assessment tool <https://covid-19.ontario.ca/> to help determine if you need further assessment by a physician or nurse practitioner. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to. Please self-isolate if you develop symptoms and visit our MCA Community Health Program Facebook Page or call us at 613-575-2341 ext. 3220.

Our business hours are Monday to Friday, 8:00 a.m. to 5:00 p.m.

### **Do I need a doctor's referral to get tested?**

No, you do not need a doctor's referral to get tested for COVID-19.

### **I've been tested, what shall I do while waiting for results?**

While waiting for your test results, you need to self-isolate. While self-isolating, monitor yourself daily for development of symptoms such as fever, cough, or shortness of breath. The Ontario self-assessment tool will help you assess any symptoms you develop.

Please visit Public Health Ontario or the MCA Community Health Program's Facebook page on Self isolation for specific guidance and information on how long and how to self-isolate.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>

### **Where can I get my COVID-19 test results?**

If you have an Ontario Health card that is green and white, you can check your results on-line at <https://covid-19.ontario.ca/> . A MCA Community Health Nurse will call or text you to verify that you've received your result.

If you have a Quebec Health Insurance Card, a MCA Community Health Nurse will call you by telephone with your results.

### **How long does it take to get my test results?**

Results range from 2 to 5 business days. Please note this is an estimate, and it may take longer at times.

A Community Health Nurse will call you with your results.

### **I tested positive for COVID-19. What should I expect?**

If your address is on the Northern Portion of Akwesasne (Kanatakon, Tsisnaihne, Kawehnoke), you will be contacted by the MCA Community Health Program with further instructions. While waiting, you should continue to self-isolate. You will need to remain self-isolated until Public Health notifies you that you can safely discontinue self-isolation (up to 14 days).

List the places you've been and the people you've had close contact with to help answer the contact tracing questions Community Health Nurses will ask you when they call.

### **I tested negative for COVID-19. What do I need to do?**

If you test negative for COVID-19 and have symptoms, continue to self-isolate until you are symptom free for 48 hours.

For direction on how long to self-isolate for your particular situation, please call the MCA Community Health Program at 613-575-2341 ext. 3220. Business hours are Monday to Friday, 8:00 a.m. to 5:00 p.m.

If you are having worsening symptoms and are concerned, call 8-1-1 in Quebec or Telehealth Ontario at:

Toll-free: 1-866-797-0000

Toll-free TTY: 1-866-797-0007

If your symptoms are not improving after 5 or 6 more days after you initially started feeling unwell, call your family doctor, or primary care clinic. If at any time you are feeling very unwell and are worried this might be an emergency (e.g., severe difficulty breathing or chest pain), call 911 or central dispatch at 613-575-2000.

## **WHEN TO GO TO THE EMERGENCY DEPARTMENT INSTEAD**

You should call **911 or central dispatch at 613-575-2000** or go to your nearest emergency department if you are currently experiencing:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
- severe chest pain (constant tightness or crushing sensation)
- feeling confused or unsure of where you are
- losing consciousness

### **For infants under 3 months**

Call 9-1-1 or central dispatch at 613-575-2000 or go to the nearest emergency department if your child:

- has a fever
- is having trouble breathing
- appears unwell

### **For infants and children over 3 months**

Call 9-1-1 or central dispatch at 613-575-2000 or go to the nearest emergency department if your child has any of the following symptoms:

- fever longer than 7 days
- fever with a rash
- has a compromised (weakened) immune system with a fever
- breathing faster than usual or trouble breathing
- bluish skin colour
- not drinking enough fluids
- not waking up or not interacting
- is so irritable that they do not want to be held
- constant vomiting

**I have recovered from COVID-19, and I have no new symptoms. Should I be re-tested?**

An individual that has **previously had laboratory-confirmed COVID-19 AND** was cleared should generally **not be re-tested** due to persistent shedding. (MOHLTC, COVID-19 Quick Reference, Version 9.0).