



Good morning Chimnissing,

In response to the current Covid-19 situation with regards to the rapid climb of cases in our region and high transmission rate of the Omicron variant;

Covid testing will be available on Thursday Dec 23 starting at 9:30 am to 2 pm at the health Center. If you have symptoms please call the health centre at 705-247-2035 and we will arrange for you to be tested in your residence. **DO NOT COME TO THE HEALTH CENTRE,** allow staff to assist you at your home to limit possible transmission.

In order to protect the community we serve, our coworkers and families, and acting with an abundance of caution; there will also be testing for employees prior to your return to the workplace.

Sunday, January 2, 2022 Covid testing for all BFN employees will begin at 9:30 am at the health centre. All off island employees including Cedar Point employees will be tested starting at 1:30 at the Cedar Point screening office (previously the receiving office).

Today's case count at 3,784 new cases. 1365 active cases in Simcoe-Muskoka. Please exercise caution in your public outings.

Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or more than 38°C
- feeling feverish chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste

- headache abdominal pain, diarrhea and vomiting
- feeling very unwell
- Sore or scratchy throat
- Congestion or runny nose
- Nausea or vomiting, diarrhea

*Night sweats are being recorded as a symptom of the Omnicron Variant

This list does not include all possible symptoms. Adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

COVID-19 is a severe and acute respiratory syndrome (SARS). If at any time you are experiencing difficulty breathing; you should call 911 for EMS or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 vaccines are all highly effective at preventing severe COVID-19 illness and death. However, vaccines are rarely 100% effective and you may still become infected with or without symptoms.

Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or more than 38°C
- feeling feverish chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache abdominal pain, diarrhea and vomiting

- feeling very unwell
- Sore or scratchy throat
- Congestion or runny nose

You can infect others even if you don't have symptoms

You may be infected but not have symptoms. However, you can still spread the virus to others. You may:

- develop symptoms later (be pre-symptomatic)
- never develop symptoms (be asymptomatic)

Follow the advice of your local public health authority on quarantine or isolation if you:

- don't have symptoms but have been exposed to someone who has or who may have COVID-19
- have tested positive

COVID-19: How to quarantine or isolate at home

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/quarantine-isolate-home.html>

It cannot be stressed enough that the best tools we have are -good hand hygiene, mask wearing and limiting our physical contact outside of our immediate "bubbles". Stay home if you are feeling unwell and practice self monitoring as part of your daily routine.

All visitors must provide proof of vaccination upon arrival and register their visit for contact tracing purposes (Holiday Ferry Schedule is posted chimnissing.ca). A list of COVID-19 testing centres for the surrounding region has been provided at the end of this update. Any person identifying as Indigenous or traveling/working in a First Nation community may take part in PCR testing without referral. Any questions or concerns can be emailed to ecgquestions@chimnissing.ca

We also have supports throughout the Christmas Break (Dec.21-30); Dalton and Associates will also be providing counselling services at BFNHC from 10am-4pm. Please call 1-888-570-8887 or email them at BFNreferrals@daltonassociates.ca. Walk-ins are also welcome. The holidays can be a very stressful time for many, the ongoing pandemic can worsen these feelings; please reach out -talking helps!

Stay safe and be well during this holiday season,

Emergency Operations Team

You can get a PCR diagnostic test at a number of locations in Simcoe Muskoka including participating pharmacies, participating labs, and local testing/assessment centres (listed by area below) if you:

- **are showing COVID-19 symptoms, have been identified as a close contact, and have been informed by public health or by someone in your life who has tested positive or by an exposure notification through the COVID Alert app; a resident or work in a setting that has a COVID-19 case or outbreak, ; and eligible for testing as part of a targeted testing initiative directed by the Ministry of Health. This includes: Individuals who identify as Indigenous, individuals who are travelling into First Nations and Indigenous communities for work purposes.**

LOCATIONS OF COVID-19 PCR TESTING AND ASSESSMENT CENTRES

You do not need a referral to get a PCR diagnostic test and you do not need a health card, but if you have one please bring it with you.

Midland

COVID-19 testing only. By appointment only. To book an appointment call the testing centre booking desk at 705-526-7804 ext 253, Monday to Friday from 8 a.m. to 4 p.m.

Location: NEW: 619 Prospect Blvd. Midland. This is a drive-thru testing; centre located at the rear parking area, follow the signs. DO NOT enter the North Simcoe FHT clinic building for testing, booking or results.

Hours: Monday to Friday 8:00 a.m. to 4:00 p.m. Closed weekends.

Barrie

COVID-19 Assessment Centre Huronia Road

Physician assessment and testing offered, same day appointments. Online booking now available at barriehealth.info

Location: 490 Huronia Road, Barrie. In the building at the rear of the complex (not at the Huronia Urgent Care Clinic)

Hours: Monday to Friday 8:30 a.m. to 4:30 p.m. Closed on weekends.

Barrie & Community Family Medicine Clinics

Details: Physician assessment and testing offered. Booked appointments and walk-ins as space allows. Call ahead for an appointment (705) 722-1199 or visit barriewalkinclinics.ca

Location: Prince William location only, 829 Big Bay Point Road - Shoppers Drug Mart plaza

Hours: Monday to Friday 8:00 a.m. - 8:45 a.m. AND 4:30 p.m. to 9:00 p.m. Saturday and Sunday and stat holidays 9:00 a.m. to 3:00 p.m.

RVH Testing Centre - for indoor and drive-thru COVID-19 tests

Details:

Physician assessment and testing offered. All appointments require your name, health card number and date of birth. The time you are booking is your expected time of arrival. Book online here. If you are unable to book an appointment online call 705-797-3120. T

Location: 29 Sperling Drive (former Barrie Police headquarters)

Hours: COVID testing is available 7 days a week from 8 a.m. – 8 p.m.

LifeLabs Barrie**Details:**

COVID-19 testing offered Symptomatic and asymptomatic individuals can book an appointment for testing online at <https://lifelabs.com/book-an-appointment> or by calling 1-877-313-4982 (Monday – Friday, 8 a.m. to 6 p.m.)

Location: 370 Bayview Drive, Barrie

Hours: Monday to Friday 8 a.m. - 4 p.m.

Location: 490 Huronia Road, Barrie. In the building at the rear of the complex (not at the Huronia Urgent Care Clinic)

Hours: Monday to Friday 8:30 a.m. to 4:30 p.m. Closed on weekends.

Orillia**Details:**

COVID-19 testing only. Appointments can be booked by calling 1-888-589-4109. If you are coming to the testing centre please bring your health card and driver's license. Having both items will help make your time at the centre much quicker. Please follow all precautions including wearing a mask, physical distancing and frequent hand hygiene. The time of your appointment is the time that you should arrive at the Assessment Centre. Your test should be completed within approximately 30 minutes of your scheduled arrival time

Location: Orillia Soldiers Memorial Hospital Kiwanis Building 170 Colborne St., W Orillia

Hours: Monday to Friday 11 a.m. to 6:30 p.m. Saturday and Sunday 11 a.m. to 2:30 p.m.

