

February 11, 2021

## ***PUBLIC ADVISORY***

### **Labrador-Grenfell Health COVID-19 assessment and referrals**

Out of an abundance of caution, Labrador-Grenfell Health is recommending that individuals who are experiencing a single symptom of COVID-19 should complete a COVID-19 assessment, to be considered for testing to detect potential cases.

The severity of symptoms of COVID-19 can range from mild to severe. It is everyone's responsibility to monitor for symptoms to protect our communities. Individuals experiencing any one symptom should stay home and immediately start self-isolating and complete a COVID-19 assessment.

These symptoms of COVID-19 are defined as:

- Fever (including chills/sweats)
- Cough (new or worsening)
- Small red or purple spots on hands and/or feet
- Shortness of breath or difficulty breathing
- Loss of appetite
- Vomiting or diarrhea for more than 24 hours
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions)
- Sore throat or difficulty swallowing
- Headache
- Acute loss of sense of smell or taste
- Unusual fatigue, lack of energy
- New onset of muscle aches

Individuals are strongly encouraged to complete the online self-assessment tool to determine whether a test is required and to be referred for a test. The online self-assessment and referral tool can be found at: <https://covidassessment.nlchi.nl.ca>

If individuals do not have access to the online self-assessment tool, they are encouraged to call 8-11. Anyone experiencing severe shortness of breath, difficulty breathing, or other immediate distress should call 9-11 immediately.

Everyone has an important role to play in preventing the spread of COVID-19. The public is reminded that the best defense against COVID-19 is maintaining physical distancing, practicing hand hygiene, staying home and seeking a test when sick, and consistently wearing a mask.

More information about COVID-19 can be found on the province of Newfoundland and Labrador's [website](#) and on the Labrador-Grenfell Health [website](#).

**Media Contact:**

Amanda MacNeil  
Regional Director of Communications, Labrador-Grenfell Health  
E: [amanda.macneil@lghealth.ca](mailto:amanda.macneil@lghealth.ca)