

February 18, 2021

## PUBLIC ADVISORY

### COVID-19 questions and concerns

Labrador-Grenfell Health understand the ongoing public concern regarding COVID-19. Information is available by visiting the Labrador-Grenfell Health website [www.lghealth.ca/covid-19](http://www.lghealth.ca/covid-19) or the Government of Newfoundland and Labrador website [www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19).

Individuals who have questions or concerns that are unable to be resolved using these resources can also contact Labrador-Grenfell Health as follows:

- By email - [covid@lghealth.ca](mailto:covid@lghealth.ca); or
- By phone - **1-833-505-1178**

Labrador-Grenfell Health will strive to provide updates within 24 hours during regular business hours. Please note that this outlet **does not** replace the COVID-19 online self-assessment or 8-1-1 service, nor will it coordinate testing for COVID-19.

The public is reminded that Individuals experiencing any one symptom or who have been identified by Public Health as a close contact should stay home, immediately start self-isolating and book an appointment by completing a self-assessment online at <https://covidassessment.nlchi.nl.ca> or by calling 8-1-1.

The severity of symptoms of COVID-19 can range from mild to severe and 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

Labrador-Grenfell Health continues to develop processes in line with its person-centered approach to care and communication.

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