

February 16, 2021

PUBLIC ADVISORY

Testing for Asymptomatic Individuals at Labrador-Grenfell Health Sites

Out of an abundance of caution and in response, to the recent outbreak of the coronavirus variant B117 in the St. John's Metropolitan Area, Labrador Grenfell Health is enhancing access to testing across the Regional Health Authority.

Individuals who have returned from the St. John's Metropolitan area in the last **two weeks** who **do not have any symptoms** and have **not been identified as close contacts** are encouraged to get a COVID-19 test.

Testing will be available throughout the Labrador-Grenfell Health region on February 17 and 18:

- **Happy Valley-Goose Bay and surrounding area***
Pentecostal Church, 250 Hamilton River Rd
9:00 a.m. to 3:00 p.m.
- **Labrador City and Wabush***
Labrador West Health Center
(back entrance)
9:00 a.m. to 3:00 p.m.
- **St. Anthony and surrounding area***
Apt 209, 178-200 West St.
(back of old hospital)
9:00 a.m. to 3:00 p.m.
- **All other communities and sites:**
Book and appointment through 8-1-1 or by completing an online self-assessment at <https://covidassessment.nlchi.nl.ca> and selecting yes to "do you require a COVID-19 test as a result of an advisory from Public Health?"

**Individuals with access to a printer are encouraged complete and print the attached form and bring it with them to the swab site.*

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

Everyone has a responsibility to monitor for symptoms and prevent the spread of COVID. The public is reminded that we are currently in Alert Level 5 and the best defense against COVID-19 is through **physical distancing, hand hygiene, and 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](#).

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