



PUBLIC ADVISORY

Update on COVID-19 PCR testing by Public Health

December 19, 2022 -- Following provincial guidance, public health COVID-19 PCR testing sites across the province are closing. Discontinuing testing through Public Health will enable staff to return to their roles in providing other health services.

Rapid Antigen Tests are now available to the public, and are recommended for use.

PCR testing will continue normally in priority areas including emergency rooms, physician offices, and congregate living settings, as needed.

Public Health officials continue to monitor COVID-19 activity. Pop-up PCR testing sites may return, based on local epidemiology, to ensure the delivery of safe and quality care.

COVID-19 Testing, Treatment Options, and Symptoms

- Ten Rapid Antigen Tests per household are being delivered by Canada Post. Tests are also available at [public libraries](#) and [MHA offices](#). For more information, visit <https://www.gov.nl.ca/covid-19/public-health-guidance/testing/how-to-get-a-rapid-antigen-test/>.
- If you're at higher risk of severe disease, you should test for COVID-19. If positive, you may be eligible for early treatment. Contact your primary care provider (family physician or nurse practitioner) or your pharmacist to discuss if treatment is appropriate for you.
- If you have [symptoms of COVID-19](#), stay at home until your symptoms have improved and you haven't had a fever for at least 24 hours. It's recommended to use a rapid self-test. Repeat testing improves accuracy. If your first rapid self-test is negative, and you continue to have symptoms, do another test 48 hours later. For information on rapid self-tests, visit <https://www.gov.nl.ca/covid-19/testing/how-to-use-rapid-self-tests/instructions/>.
- To keep those around you safe, when you are feeling better and leave home, for 10 days after your symptoms started, you should wear a mask outside your household, avoid non-essential visits to high-risk areas, and avoid non-essential close contact with high-risk individuals.

Flu and COVID-19 Vaccinations

- Get your flu shot and stay up to date on your COVID-19 vaccinations.
- Visit lghealth.ca/vaccine to find a clinic in your area.
- **Flu vaccine clinics:** Visit <https://www.timefortheshot.ca/> or call 1-833-951-3904 (toll-free) for more information or to book an appointment.

- COVID-19 vaccine clinics: Visit <https://www.gov.nl.ca/covid-19/vaccine/gettheshot/> or call 1-833-951-3904 (toll-free) for more information or to book an appointment.

Please continue to follow all public health guidelines to protect yourself, your loved ones, and your communities.

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