



Frequently Asked Questions: COVID-19 Rapid Testing Clinic

Why is Western Health holding a rapid testing clinic?

Rapid antigen testing can help detect COVID-19 in people who do not have symptoms and will help limit the potential spread of the virus.

Why can Western Health hold a rapid testing clinic when people are being advised to stay home?

Attending this clinic is entirely voluntary. Holding this rapid testing clinic at the present time is an important part of the public health strategy as it can detect COVID-19 in people who do not have symptoms helping to limit the potential spread of the virus. The clinic follows all public health protocols.

Who should NOT get tested at the Rapid Testing Clinic?

Please do not attend the rapid testing clinic if you meet the following exclusion criteria:

- a) Have any one symptom in the list of COVID-19 symptoms below.
- b) Have visited a location announced in a public health advisory.
- c) Have been in contact with someone who is positive for COVID-19.

If you meet these criteria, you should stay home, immediately start self-isolating and complete self-assessment online at <https://covidassessment.nlchi.nl.ca> or by contacting 811. You may need to be tested with a different type of COVID test, in a different location.

(d) Additionally, please do not attend the clinic if you are isolating due to travel outside of Newfoundland and Labrador in the past 14 days, including rotational workers who are isolating.

If I have no symptoms, why should I still go get tested?

This clinic is a voluntary service; the decision to get tested is an individual one. COVID-19 can be spread to others from someone not showing symptoms yet (pre-symptomatic) or never develop symptoms (asymptomatic), this rapid testing clinic is one part of an overall public health strategy to help limit potential spread. Getting tested may tell you if you have COVID-19.

I live outside the Corner Brook area and meet the criteria, should I come get tested?

Rapid Testing is a voluntary service that can help determine if COVID-19 is in our communities, helping limit the potential spread of the virus and helping inform future testing throughout the region. We welcome anyone in the Western Region who meets the criteria but a decision to come get tested is an individual one based on risk and benefit to yourself/your family. Western Health will continue to review the situation and may implement similar Rapid Clinics in other communities.

I live with a rotational worker can I get tested?

In accordance with the new Special Measures Order, all rotational workers who have returned to the province in the last 14 days must self-isolate away from household members. If a rotational worker cannot self-isolate within a shared living space, the entire household must self-isolate. Family members may still avail of the rapid testing if they are not self-isolating with the rotational worker and do not meet any of the exclusion criteria for the rapid testing clinic.

I am self-isolating can I get tested at this clinic?

No. You must remain in self-isolation

Can I use the results for pre-travel screening?

No. The type of test used for travel is not done at the Rapid Testing Site.

Can I catch COVID-19 at the testing site?

Your risk is low. This clinic only tests individuals without symptoms or additional risk factors for COVID-19. The clinic will follow all public health and physical distancing protocols.

What is the process, and will it hurt?

We use a thin and flexible swab to the back of your nose which lasts less than 10 seconds. Most people who have had the test say it feels uncomfortable but not painful.

How will I get my results?

You will receive your results by a text or phone call, which will be communicated on the same day, likely within 2-4 hours.

Do I have to self-isolate while waiting for results?

People are not required to self-isolate while waiting for their results.

What if the result is negative?

If you receive a negative test result, you will be considered “negative for now”. You should continue to protect yourself and others by following all public health guidelines including mask-wearing, hand-washing, and social distancing. That is because you could develop or be exposed to COVID-19 anywhere and at any time, even after getting your negative test result.

What if the result is positive?

If your result is positive a nurse will call you directly and give you information about next steps. Any positive results will be shared with public health as COVID-19 is a reportable disease. This is so proper follow-up can occur to protect you, your family, and your community.

What if I develop symptoms after the test?

If you develop any symptoms at any time, self-isolate and complete the COVID-19 self-assessment online at <https://covidassessment.nlchi.nl.ca> or by contacting 811.

I have questions about this rapid test. Where do I go?

If you have questions regarding the rapid testing clinic either before or after your visit you can contact Western Health Client Relations Confidential toll-free Client Feedback Line 1-833-784-6802 or clientrelations@westernhealth.nl.ca. Staff at the test site will be able to address your questions about the rapid testing clinic.

I have general questions about COVID-19 where do I go?

For general information on COVID-19, please visit the Provincial Department of Health and Community Services website at: <https://www.gov.nl.ca/covid-19/>. Individuals who have questions about their health can call 811 or visit www.811healthline.ca.

What personal information is being collected at the rapid testing clinic?

We will need to collect name, phone number, date of birth, and community.

What are the symptoms of COVID-19?

Symptoms of COVID-19 can range from mild to severe:

- 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