



### Health Services Holiday Hours

The Kettle & Stony Point Health Services will be open the following days for COVID-19 Testing:

<b>Monday December 21</b>	<b>9-4 pm</b>
<b>Wednesday December 23</b>	<b>9-4 pm</b>
<b>Monday December 28</b>	<b>9-4 pm</b>
<b>Wednesday December 30</b>	<b>9-4 pm</b>

During these days, the office will be closed to the public with nurses available only for COVID-19 testing and other health related concerns by telephone only.

Please call 519-786-5647 on the days indicated above if you require a COVID-19 test. Please be advised that test results are currently taking up to 3 days on average to return.

### Think you have COVID-19 symptoms?

If you are in distress (ex. Significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms) call 9-1-1 or go to the nearest Emergency Department.

- COVID-19 has **common symptoms** such as fever, cough, or difficulty breathing
- COVID-19 also has **less common symptoms** such as unexplained fatigue, delirium (a serious medical condition that involves confusion, changes to memory, and odd behaviours), falls, acute functional decline, muscle aches, worsening of chronic conditions, nausea, vomiting, diarrhea, abdominal pain, chills, headaches, croup, or loss of taste/smell
- COVID-19 may also present as **new or worsening respiratory symptoms** such as: sore throat, runny nose, sneezing, nasal congestion, hoarse voice, or difficulty swallowing

If you think you may have COVID-19 symptoms or have been in close contact with someone who has symptoms, please self-isolate and use the **Ontario Self-Assessment Tool (<https://covid-19.ontario.ca/self-assessment/#q0>)** or call **519-786-5647** to talk to a nurse, to determine if you need to seek further care.