



To be tested for COVID-19

You can self-refer to a local Assessment Centre by calling the COVID-19 Hotline at: 613-961-5544 (to avoid long distance charges in the Bancroft area, call 613-332-2825 ext. 2222). The hotline is available 9am - 5pm, 7 days per week. We will book an appointment for you if needed with an assessment centre in your area. The Picton Assessment Centre can also be contacted directly by texting 613-813-6864 (appointment is required in Picton).

If your symptoms are severe, causing difficulty breathing, you should immediately go to the hospital or call 911.

DURING COVID-19, WE KNOW OTHER HEALTH EMERGENCIES HAPPEN. WE ARE TAKING PRECAUTIONS IN ORDER TO SAFELY TREAT ALL OUR PATIENTS.

GO TO THE NEAREST ED FOR THESE AND OTHER EMERGENCIES:



Difficulty breathing or shortness of breath when doing very little or resting



Severe stomach pain



Chest pain or tightness in the chest



Stiff neck and sensitivity to light



Seizures or convulsions



A broken bone or a wound that may need stitches



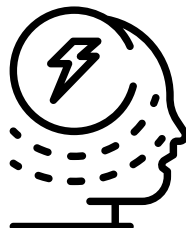
Confusion or disorientation



Infant under 1 month old with a temp of over 38C (100.4F) or child with fever over 38.3 (101F) and is difficult to wake



Continuous vomiting or severe diarrhea with signs of dehydration



A mental health emergency such as acute psychosis or mania. Individuals having thoughts of self-harm or harming others - call crisis intervention at 1-888-757-7766