



**If you have mild or moderate COVID-19 symptoms such as cough and fever, or have been exposed to a confirmed case of COVID-19:**

**Do not go to the hospital to be tested.** Pre-register for one of the local COVID-19 Assessment Centres. Call the Hotline or fill out the Online Form found at [www.qhc.on.ca](http://www.qhc.on.ca) (the form is only for Belleville and Trenton assessment centres). Once you pre-register you will be given instructions on where to go, and when.

**Hotline Info:**

Bancroft – (613) 332-2825 ext. 6222

Belleville and Trenton – (613) 961-5544 (you can call if you prefer not to use the online form)

Picton (by appointment only) (613) 813-6864. For weekend testing, you can call the Belleville/Trenton Hotline.

**If your symptoms are severe, causing difficulty breathing, 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



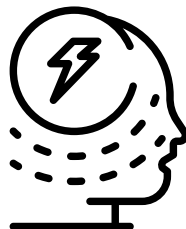
Confusion or disorientation



Infant under 1 month old with a temp over 38C (100.4F) or child with fever over 38.3C (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

