A GUIDE TO TESTING

VIRAL TESTING: check samples from your respiratory system by swabbing the inside of the nose, to tell if you currently have an infection with COVID-19 (Novel Coronavirus.) Results may take several days to be processed.

YOU SHOULD BE TESTED IF:
• You are a SRMT Healthcare providers, EMTs, or paramedics providing direct patient care with symptoms.
• Patients seeking care at SRMT clinic and presenting with COVID-19 symptoms.
• People who have had contact with confirmed COVID-19 cases.

TO SCHEDULE A TESTING:
Call Saint Regis Mohawk Health Services at (518) 358-3141. The testing is being conducted in accordance with guidance from the U.S. CDC and will be provided by appointment only.

SYMPTOMS OF CORONAVIRUS

Patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include:
- Fever
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19.

For more information visit
cdc.gov/COVID19-symptoms

EMERGENCY CONTACTS

Medical Centers
- SRMT Medical Outreach Services: (518) 358-3141 ext. 7130
- MCA Community Health Program: (613) 575-2341 ext. 3220

Emergency Operations Centers
- SRMT EOC: (518) 320-0019
- MCA EOC: (613) 575-5005 or (613) 575-2331

Coronavirus Hotlines
- Franklin County Emergency Services COVID-19 Hotline: (518) 481-1111
- Alice Hyde Medical Center (medical questions): (518) 481-2700
- NYS Dept of Health COVID-19 24/7 Hotline: 1-888-364-3065
- Eastern Ontario Health Unit: 1-800-267-7120

For More Information
- U.S. Center for Disease Control: www.cdc.gov
- NYS Department of Health: www.health.ny.gov
- Eastern Ontario Health Unit: eohu.ca/en
Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of nationality, race or ethnicity.

**FACT 2**
Older adults and people with serious underlying medical conditions may be more at risk for severe illness from COVID-19.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy:
- Wash hands often and thoroughly
- Avoid touching eyes, nose, mouth
- Stay home when you are sick
- Cover your cough or sneeze
- Practice social distancing

**WHAT IS SELF-QUARANTINE?**
Quarantine is a public health practice that separates people who have been exposed or have become sick with a contagious disease.

**WHO SHOULD SELF-QUARANTINE?**
You should self-quarantine if you:
- are ill, or have been in contact with anyone who is ill. If you are known to be infected with COVID-19 or have been exposed to someone who is infected, or anyone that has traveled 50+ miles from the community.

**HOW LONG DOES SOMEONE NEED TO SELF-QUARANTINE?**
Self-quarantine need to last for 14 days. This is the incubation period (time between catching the virus and showing symptoms) of COVID-19.

**WHO IS MOST SUSEPTABLE TO COVID-19?**
People who are immunocompromised, adults 60+, those with heart disease, lung disease, and diabetes.

**CAN CHILDREN CATCH COVID-19?**
Children do not appear to be at higher risk for COVID-19 than adults, but can still contract the virus. The CDC is investigating the correlation of COVID-19 and multisystem inflammatory syndrome.

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