

COVID-19 Testing for Medical Day Care Patients

Information for patients
at Cambridge Memorial
Hospital and their
caregivers

Read this brochure to learn:

- Why you are being tested for COVID-19
- When you will be tested for COVID-19
- Where you will get tested for COVID-19
- What you can expect during a COVID-19 test
- How you can protect yourself from COVID-19

How is COVID-19 impacting care at Cambridge Memorial Hospital's Medical Day Clinic?

Some care at Cambridge Memorial Hospital is being delayed or changed because of the COVID-19 pandemic. We are still offering Medical Day Care services to our community, however we have needed to change our services.

If you and your doctor decide to go ahead with treatment, you will be tested for COVID-19. You will be tested even if you do not have any symptoms. Some people who do not have symptoms of COVID-19 may have the disease and spread it to others.

Why am I being tested for COVID-19?

There are two main reasons why you will be tested for COVID-19 before you start treatment.

1. To protect you and keep you safe.

2. To protect our staff and immunosuppressed patients. It is not known if people who have no symptoms of COVID-19 can spread it to our staff and other patients so we are taking precautionary measures. Testing is important so we can take extra precautions if needed. People who have a weakened immune system have the highest risk of getting very sick if they get COVID-19.

What do I need to know about being tested for COVID-19?

- You need to be tested for COVID-19 three to four days before your treatment visit. We will contact you by phone to tell you about the details of your COVID-19 test appointment.
- Test results take about 24-72 hours to get back.
- If your COVID-19 test is positive, your physician will call you to discuss the next steps in your care.

Where will I have my COVID-19 test?

You will get tested for COVID-19 at Cambridge Memorial Hospital in the Medical Day Clinic. It is important that you get tested at our clinic so that the results of your test will be in your Cambridge Memorial Hospital patient chart (file).

Once you have been tested for COVID-19 at Cambridge Memorial Hospital, you must take extra care to protect yourself from being exposed to COVID-19. This helps to ensure that you are as healthy as possible to begin treatment. You must also notify your healthcare team if you develop any new or worsening symptoms (fever, shortness of breath, cough, runny nose etc.).

If you develop any of these symptoms phone Cambridge Memorial Hospital Medical Day Clinic, at 519-740 4940 Monday to Friday 8:30 to 16:00. After hours, weekends or statutory holidays call CARE chart at 1-877-681-3057. Do not come to clinic without calling.

What can I expect during my COVID-19 test?

- Your health care provider will be wearing a mask and face shield or goggles.
- To test for COVID-19, a health care provider will do a swab deep inside your nose, throat, or both areas.
- They will swab the area for a few seconds, then remove the swab.
- Most people find this to be somewhat uncomfortable.

How can I protect myself for COVID-19?

Practice physical distancing

All Canadians are being asked to practice physical distancing. This means keeping people physically apart to prevent COVID-19 from spreading.

Some examples of physical distancing are:

- Avoid gatherings, having visitors in your home and going to public places.
- Avoid public transit, if you can. If you must use public transit, sit 2 metres (6 feet) away from other people and follow the good hygiene practices below.
- Avoid leaving your home. If you have to leave your home for any reason (for example, to come to the hospital or to get groceries), wear a mask that covers your nose and mouth. Stay at least 2 metres (6 feet) away from other people.
- Avoid travelling outside Canada, or close contact with people who have in the last 14 days

Practice good hand hygiene

Wash your hands often with soap and warm water for at least 20 seconds, or use alcohol-based hand gel. Wash your hands:

- before eating or touching your face
- after using the bathroom
- after coughing or sneezing
- after entering your home
- after touching surfaces commonly touched by others (for example, handrails in public spaces)

Other precautions

- Sneeze or cough into your sleeve or use a tissue and throw it away after each use. Then wash your hands.
- Avoid touching your eyes, nose and mouth. You could get COVID-19 if you touch a surface that has the virus on it.
- Clean and disinfect surfaces often. Be sure to clean surfaces that people touch a lot, such as doorknobs, phones, light switches and keyboards.

Coming to Cambridge Memorial Hospital Medical Day Clinic

Currently, family or caregivers are not able to join you to your appointments. This helps to keep you, other patients, and staff safe.

If you have questions about COVID-19 testing at Cambridge Memorial Hospital, or changes to your treatment during this time, please ask your care team.