

Date:	January 24, 2022
To:	All GRH team members
From:	Marc Simard, Director, Occupational Health, Safety & Wellness (OHSW) Shelley Schmidt, Director, Infection Prevention and Control (IPAC)
Regarding:	PCR testing available for team members experiencing one (1) COVID-19 symptom

Due to the large number of outbreaks and positive cases of COVID-19 among team members, Occupational Health, Safety and Wellness and the Infection Prevention and Control teams are requesting team members who are experiencing just one symptom of COVID-19 immediately self isolate and get a PCR test as soon as possible.

Please share your symptoms and/or your positive test result to the confidential [staff COVID-19 reporting form](#). An Occupational Health, Safety and Wellness team member will contact you and provide initial instructions.

Symptoms of COVID-19 can include:

- Fever
- Cough
- Shortness of breath
- Decrease or loss of smell or taste
- Extreme fatigue, lethargy, or malaise
- Muscle aches or joint pain
- Nausea, vomiting and/or diarrhea
- Sore throat
- Nasal congestion
- Headache

The full list of [symptoms eligible for COVID testing can be found here](#). (For the best results, please copy and paste the link into the Google Chrome browser.)

This recommendation exceeds public health guidelines which currently require two or more symptoms for PCR testing.

As a reminder, staff who require PCR testing can get tested via the Assessment Centre by driving through or choosing the walk-in service (pedestrian entrance). As of January 20, staff are asked to follow the below process to get tested:

1. Book an appointment online at the [COVID 19 testing centre and appointments](#)
2. If there are no appointments available, call **226-806-5690 Option 4** to arrange a time to be tested. Staff will be accommodated for testing.
3. Bring your hospital ID to your appointment.

Please post for the benefit of those who don't have e-mail