

## IMPORTANT INSTRUCTIONS FOR COVID-19 GARGLE TESTS

**Baie-Comeau, October 1<sup>st</sup>, 2021** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord would like to clarify some important instructions for accessing the COVID-19 gargle screening method.

It is very important to avoid drinking, eating, smoking, tooth brushing or chewing gum **15 minutes before you are screened**. More information on this screening method can be found here: <https://bit.ly/3a2eoSF>.

Note that the usual nasal swab technique will continue to be used in certain situations, notably for preoperative and emergency screening as well as when users are unable to perform the technique properly (young children, people with cognitive or comprehension problems). In addition, the gargle test is not offered in certain CLSCs (clinics).

### **Importance of screening and vaccination**

The CISSS de la Côte-Nord reminds you of the importance of getting screened if you have been in contact with a case of COVID-19 or you have symptoms consistent with COVID-19, such as a fever, cough or a loss of taste or smell. Screening is recommended even for people who have been vaccinated. To make an appointment, call 1 877 644-4545.

It is still possible to receive the vaccine against COVID-19 (1<sup>st</sup> or 2<sup>nd</sup> dose). All available vaccines provide over 90% protection against severe forms of the disease, preventing hospitalizations and deaths. For more details, visit <https://bit.ly/3uv3rm2>.

### **Be respectful with our stakeholders**

Finally, the CISSS de la Côte-Nord would like to remind you of the importance of addressing our various stakeholders in a respectful manner at all times, including during public health calls for investigations related to COVID-19, when calling our facilities or during in-person visits. Thank you for your cooperation.

- 30 -

Source: Pascal Paradis  
Communication advisor  
Centre intégré de santé et de services sociaux de la Côte-Nord  
418 589-9845, ext. 342268