

## COVID-19: A POSITIVE TEST RESULT DOES NOT REQUIRE AN EMERGENCY DEPARTMENT VISIT

**Baie-Comeau, January 13, 2022** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord would like to advise the population that they do not need to go to the emergency department when if they receive a positive COVID-19 test result.

In the past few days, many people who have received a positive result with a rapid test went to the emergency departments of the region without requiring health care. However, if you have severe symptoms, such as breathing difficulties, significant shortness of breath or chest pain, go to the emergency department or call 911.

Once your positive test is confirmed, it is particularly important to follow self-isolation guidelines: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-isolation>. You can also call Info-Santé at 811 for answers to your questions.

### **Before going to the emergency department**

In general, the CISSS de la Côte-Nord asks that people avoid going to the emergency department if it is not necessary. Regardless of their place of residence, people who have a non-urgent health problem are asked to start by contacting Info-Santé at 811 or making an appointment with their family physician.

To make an informed decision on whether or not you need to go to the emergency department, visit <https://www.cisss-cotenord.gouv.qc.ca/en/care-and-services/emergency/ai-je-besoin-daller-a-lurgence/> (French only).

People who experience stress and anxiety are invited to call Info-Social at 811 (option 2), where psychosocial workers provide support, information and advice 24 hours a day, seven days a week.

The CISSS de la Côte-Nord thanks you for your cooperation.

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