

Testing Centres in York Region.

Mackenzie Health

10 Trench Street, Richmond Hill,
Ontario L3C 4Z3
905-883-1212 ext. 2004

www.mackenziehealth.ca/en/about-us/get-the-latest-information-on-covid-19.aspx

Mackenzie Health – Vaughan

9401 Jane Street, Unit 101, Maple, Ontario
L6A 4H7
905-883-1212 ext. 2004

Markham Stouffville Hospital

381 Church Street, Markham,
Ontario L3P 7P3
www.msh.on.ca/clinics-departments/covid-19-assessment-centre

Southlake Regional Health Care

596 Davis Drive, Newmarket,
Ontario L3Y 2P9
905-895-4521
southlake.ca/covid-19/#assessment-centre

To find more testing centres, visit:

<https://covid-19.ontario.ca/assessment-centre-locations/>

For more information visit Public Health Ontario's website:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

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York Region



COVID-19.

The infectious disease caused by the coronavirus, a respiratory pathogen.

Who is most at-risk of COVID-19?

People aged 60 and over and those with underlying medical conditions are at higher risk. Though anyone can get sick with COVID-19 and become seriously ill.

Effect on people involved with the Criminal Justice System.

Prisoners are in a dangerous position during the pandemic due to:

- Close living quarters
- Lack of health care
- Lack of access to sanitary supplies

Confirmed cases in federal correctional institutions total: 360 as of November 3, 2020.

Effect on people who are homeless.

Lack of safe housing increases the risk of exposure to COVID-19.

Difficult to physically distance, isolate, and quarantine due to shelter conditions.

Closure of regular support services can increase risk of other harms such as unsafe substance use and intimate partner violence.

How COVID-19 can affect your mental health.

Frustration and Boredom

You can stay active by going out during off peak hours and avoiding crowded areas.

Anxiety

Develop fears of your own health and infecting friends and family.

Disabling loneliness & Depression

Stay in touch with friends and family through phone, instant messaging or video chat.

Seek help if you notice signs of depression and hopelessness.

How does COVID-19 spread?

Close contact with others, contaminated surfaces or common greetings like handshakes, hugs or kisses.

How to protect yourself against COVID-19?

Stay at home and practice physical distancing

- Maintain 2 metres (2 arms-length) from others in public
- Wear a mask or face covering that covers your nose and mouth

Wash your hands and clean frequently touched surfaces

- Avoid touching your eyes, nose, or mouth with unwashed hands
- Use soap and warm water for at least 20 seconds
- Use alcohol-based hand sanitizer with at least 60% alcohol if you cannot wash your hands

The Symptoms.

Most Common symptoms of COVID-19:

- Fever
- Dry cough
- Fatigue

Severe symptoms of COVID-19:

- Shortness of breath
- Loss of appetite
- Confusion
- Persistent chest pain or pressure
- High temperature (above 38°C)

Symptoms can vary person to person or not feel symptoms at all. If you feel you have been exposed to the virus, please visit a testing centre.

For more symptoms visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

