

Hastings Prince Edward Public Health (HPEPH) kindly request your assistance in distributing the following information with your employees.

Hastings Prince Edward Public Health has been providing COVID-19 case and contact management for our region since February 2020. Over recent months, there has been growing evidence that certain groups of residents are being affected by COVID-19 more than others. Through no fault of their own, these groups are experiencing higher rates of positive COVID-19 test results and are more commonly identified as high-risk contacts of COVID-19.

What groups are being impacted by COVID-19 more than others?

The population being disproportionately affected by COVID-19 includes people who live, work or attend school in HPE and meet at least one of the following:

- People who are 20-29 years old;
- share a bedroom with a roommate;
- live in a household including five or more people;
- are employed at a workplace where physical distancing is difficult to maintain.

How does HPEPH know this group is being disproportionately impacted?

HPEPH reviews local COVID-19 epidemiology to better understand who is being impacted by COVID-19. Based on data from September 1, 2020 – December 14, 2020, we found the following:

- 32% of cases have been associated with workplace outbreaks. Most of these outbreak-related cases are from workplaces with 50+ employees;
- 38% of cases are aged 20-29 years old which is much higher than expected as this age group only makes up 10.6% of the HPEPH population;
- 6% of households in HPEPH have 5 or more persons living the home while at least 22% of cases live in households of 5 or more individuals. These high-occupancy household cases also have substantially more high-risk contacts and are linked to more cases than lower-occupancy households.

How can we stop the spread of COVID-19?

HPEPH is launching [a testing initiative](#) based on current trends, recommending that all people who live, work, or attend school in HPE, meet at least one of the following criteria AND are experiencing any new symptoms (even very minor) to seek testing for COVID-19 immediately.

- Are between 20 and 29 years old;
- share a bedroom with a roommate;
- live in a household including five or more people;
- are employed at a workplace where social distancing is difficult to maintain.

What are mild symptoms?

People in the 20-29 age group can experience COVID-19 with minor symptoms and they may not even realize they are sick or disregard their symptoms. Mild symptoms might include a slight headache or feeling more tired than usual. People experiencing any symptoms of COVID-19 at any time, are advised to self-isolate and get tested immediately. HPEPH is launching this testing strategy to remind and encourage residents, especially those in the 20-29 age group to not discount mild symptoms, get tested and self-isolate until they have their results.

How to access COVID-19 testing?

Individuals can make an appointment to be tested for COVID-19 at the community COVID-19 Assessment Centre (CAC) located closest to their home by either calling 613-961-5544 or going to the [Online Pre-registration Portal](#) to schedule a testing appointment.

It is important that everyone take the opportunity to get tested to protect their own health, and the health of the community. We want to reassure everyone that there are confidential and caring supports in place to help those getting tested and support them if they are required to isolate.

Testing Information and Resources

- [COVID-19 Testing and Test Results](#)
- [Information for People with COVID-19 and Contacts of COVID-19](#)
- [COVID-19 Benefits & Services](#)
- [Resources and Supports for High Risk Contacts and Cases of COVID-19](#)

Obtaining test results with an Ontario Health Card

To find your COVID-19 test results go to covid-19.ontario.ca. It can take two to seven days for your result to become available on this portal. This timeframe varies with changes in assessment centre and laboratory capacity. If you are unable to access this portal, or if it has been longer than seven days since your test and your results are not available, please contact the assessment centre where you were tested. For assessment centre contact information or to request your results online visit [Quinte Health Care COVID-19](#).

Obtaining test results without an Ontario Health Card

If you have taken the time to do your part and get tested, you will probably be wondering how to get your results. Unfortunately, you cannot access the online portal. If your test comes back positive, a case manager will call you and talk to you about next steps. If it has been seven days since your test, and you have not heard anything, your test is likely negative. Please contact the assessment centre where you were tested if you would like to confirm your results.

For assessment centre contact information or to request results online visit [Quinte Health Care COVID-19](#).