

# Ottawa's Daily Testing Update: October 6, 2021

## OTTAWA COVID-19 TESTING TASKFORCE

Updated: October 6, 2021, 3:30 p.m. EDT

### Highlights

**2,645**

Swabs processed at assessment centres in Ottawa on October 5

**4,150**

Lab tests performed in Ottawa on October 5<sup>1</sup>

**2,057**

Number of tests in progress as of October 6<sup>2</sup>

**1.9%**

Positivity rate in Ottawa residents (September 29- October 5)<sup>3</sup>

**12 hours**

Average turnaround (from the time the swab is received at the lab to the result)<sup>4</sup>

**23 hours**

Average turnaround (from the time the swab is taken at a testing site to the result)<sup>5</sup>

**8,421**

Current daily lab capacity<sup>6</sup>

### Where to get tested in Ottawa

Location and hours	Book an appointment
<b>Temporary Pop-Up COVID-19 Assessment at McNabb</b> <i>*NEW: The pop-up at McNabb has been extended until Wednesday, October 13</i> <b>Hours:</b> Monday to Sunday, 11:00 am to 7:00 pm <b>Location:</b> <a href="#">180 Percy St, Ottawa</a>	<a href="#">Click here</a> to book an appointment
<b>COVID-19 Care and Testing Centre – Moodie</b> <b>Hours:</b> Monday to Friday, 8:00 am to 3:30 pm <b>Location:</b> <a href="#">595 Moodie Drive, Ottawa</a>	<a href="#">Click here</a> to book an appointment
<b>COVID-19 Care and Testing Centre – Ray Friel</b> <b>Hours:</b> Monday to Friday, 8:00 am to 3:00 pm <b>Location:</b> <a href="#">1585 Tenth Line Road, Ottawa</a>	<a href="#">Click here</a> to book an appointment

<sup>1</sup> Testing data compiled from Eastern Ontario Regional Laboratory Association (EORLA), Public Health Ontario Lab (PHOL) and Bio-Test

<sup>2</sup> EORLA data only

<sup>3</sup> The positivity rate is reported in alignment with Ottawa Public Health ([Ottawa Public Health's COVID-19 Dashboard](#), page 5)

<sup>4</sup> Average turnaround from the time the test is received at the lab to the time of reporting (EORLA data only)

<sup>5</sup> Average turnaround from the time the swab is taken at a testing site to the time of reporting (EORLA data only)

<sup>6</sup> Lab capacity is predicted daily based on the availability of staff, equipment and supplies

<p><b>COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic at Brewer Park Arena</b>  <b>Hours:</b> Monday to Friday, 10:30 am to 5:30 pm  Saturday and Sunday, 8:30 am to 3:30 pm  <b>Location:</b> <u>151 Brewer Way, Ottawa</u></p>	<p><a href="#">Click here</a> to book an appointment</p>
<p><b>COVID-19 Assessment Centre for Adults at Brewer Park Arena</b>  <b>Hours:</b> Monday to Friday, 10:30 am to 5:30 pm  Saturday and Sunday, 8:30 am to 3:30 pm  <b>Location:</b> <u>151 Brewer Way, Ottawa</u></p>	<p><a href="#">Click here</a> to book an appointment</p>
<p><b>COVID-19 Drive-Thru Assessment Centre on Coventry Road</b>  <b>Hours:</b> Seven days a week, 10:00 am to 5:30 pm  <b>Location:</b> <u>300 Coventry Road, Ottawa</u></p>	<p><a href="#">Click here</a> to book an appointment</p>
<p><b>North Grenville COVID-19 Assessment Centre (Kemptville)</b>  <b>Hours:</b> Monday to Friday, 9:00 am to 5:00 pm  Sunday, 9:00 am to 1:00 pm  <b>Location:</b> <u>15 Campus Drive, Kemptville</u></p>	<p><a href="#">Click here</a> to book an appointment</p>
<p><b>Ottawa Community Health Centres</b>  <b>Centretown Community Health Centre</b>  <b>Hours:</b> Monday, Tuesday, Wednesday and Friday, 9:00 am to 4:00 pm  <b>Location:</b> <u>420 Cooper Street, Ottawa</u></p> <p><b>Sandy Hill Community Health Centre</b>  <b>Hours:</b> Monday to Thursday, 9:00 am to 4:00 pm  Friday, 9:00 am to 2:00 pm  <b>Location:</b> <u>221 Nelson Street, Ottawa</u></p> <p><b>Somerset West Community Health Centre</b>  <b>Hours:</b> Monday to Wednesday, 9:00 am to 4:00 pm  Thursday, 1:00 pm to 4:00 pm  Friday, 9:00 am to 2:30 pm  <b>Location:</b> <u>55 Eccles Street, Ottawa</u></p>	<p><a href="#">Click here</a> to book an appointment</p>

## Assessment centre highlights (October 5, 2021)

Assessment centre	Tests performed on-site <sup>7</sup>	Tests performed in the community <sup>8</sup>
COVID-19 Care and Testing Centre – Moodie	377	0
COVID-19 Care and Testing Centre – Ray Friel	374	0
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic at Brewer Park Arena	743	0
COVID-19 Assessment Centre at Brewer Park Arena	468	0
Kemptville Assessment Centre (Operated by Kemptville District Hospital)	159	0
COVID-19 Drive-Thru Assessment Centre on Coventry Road	197	0
Ottawa Community Health Centres	0	60
Temporary Pop-Up COVID-19 Assessment at McNabb	327	0

### \*NEW: Thanksgiving hours

Some of Ottawa's COVID-19 testing sites will be closed on Thanksgiving Day. If you need to book an appointment for a COVID-19 test on **Monday, October 11**, please review your local testing site's hours below or on [OttawaPublicHealth.ca/CovidTesting](https://ottawapublichealth.ca/CovidTesting).

Assessment Centre Hours on October 11, 2021	
Temporary Pop-Up COVID-19 Assessment Centre at McNabb	11:00 am to 7:00 pm
COVID-19 Care and Testing Centre – Moodie	8:00 am to 3:30 pm
COVID-19 Care and Testing Centre – Ray Friel	9:00 am to 1:00 pm
COVID-19 Assessment Centre for Adults at Brewer Park Arena	10:30 am to 5:30 pm
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic at Brewer Park Arena	10:30 am to 5:30 pm
COVID-19 Drive-Thru Assessment Centre on Coventry Road	10:00 am to 5:30 pm
Centretown Community Health Centre	<b>CLOSED</b>
Sandy Hill Community Health Centre	<b>CLOSED</b>
Somerset West Community Health Centre	<b>CLOSED</b>
North Grenville COVID-19 Assessment Centre (Kemptville)	9:00 am to 1:00 pm

<sup>7</sup> Includes PCR and ID NOW samples collected on-site at an assessment centre

<sup>8</sup> Includes all mobile and rapid testing initiatives

## Temporary Pop-Up Assessment Centre at McNabb remains open to the Ottawa community

The Temporary Pop-Up Assessment Centre at McNabb, which opened on September 18 in partnership with Ontario Health and Canadian Health Labs to help accommodate the rise in local testing demand, remains an available testing option for the Ottawa community.

The McNabb assessment centre is located at 180 Percy St, Ottawa, ON K1R 6E5 and is open daily from 11:00 am to 7:00 pm.

Individuals (6 months and older) who meet the [current testing criteria](#) are eligible for testing services at this location. An appointment system was also recently launched to alleviate the need for line-ups. [Click here](#) to book an appointment at the Temporary COVID-19 Assessment Centre at McNabb.

The Ottawa COVID-19 Testing Taskforce want to thank the community for their patience as we work to expand and meet the increasing testing demands.

## CHEO launching Do-It-Yourself Test Kits at the Brewer Assessment Centre

Ottawa families can now schedule a Do-It-Yourself Test Kit pick-up at the CHEO Assessment Centre at Brewer Park Arena. Appointments for pick-up began on Friday, September 24 and are necessary to help manage traffic and crowds on-site.

Instead of booking a traditional in-person appointment for a COVID-19 test, parents can schedule a time and date to pick-up a Do-It-Yourself Test Kit. The test kit includes instructions, a registration form and a self-swab PCR test to be completed either on-site, in the parking lot, in the car, or back at home. The test kit is then returned the same day to Brewer for processing at the lab. Results will be available in a timeframe similar to an in-person visit at an assessment centre.

Please note that the test kits are intended to be picked-up, completed and returned on the same day. The kits are **not** intended to be picked up and held onto for “just in case” testing scenarios.

The Do-It-Yourself Test Kits are available for kids two months of age to 18 years old who are symptomatic or are a high risk contact, meeting current provincial testing criteria.

The BON (buccal/oral/nasal) technique yields very accurate results and is much gentler and easier for kids – so easy that most kids can probably do it on their own with their parent’s guidance and support. CHEO’s video [How to do a combined nose and mouth swab for COVID-19](#) shows parents and kids how to perform the test.

Parents and caregivers can [click here](#) to schedule a pick-up time. For more information about the Do-It-Yourself Test Kits, how to use them, and how to schedule a pick-up, please refer to the factsheet available on [OttawaPublicHealth.ca/CovidTesting](https://OttawaPublicHealth.ca/CovidTesting).

This initiative is one of the many innovative solutions being introduced across Ottawa to respond to the community's COVID-19 testing needs.

## Physician visits at Ottawa's Care Clinics

Ottawa's three COVID-19 Care and Testing Centres offer physician care visits. If you are concerned that you might need more than a COVID-19 test or require further assessment after being diagnosed with COVID-19, the Moodie, Ray Friel and Kids Come First Care Clinics all offer appointments with a physician and additional tests if medically appropriate.

Before coming to a Care Centre, first talk to your family doctor to determine if a Care Clinic assessment is the best option for you. If you are experiencing symptoms related to COVID-19, and are unable to see your family doctor, book a physician visit at one of Ottawa's Care and Testing Centres. During these appointments, a physician will assess your COVID-related symptoms and, if medically appropriate, order some basic diagnostic tests, including chest x-ray, basic blood work and other lab tests.

Physician visits are by appointment only – we do not accept walk-in patients for physician assessments. Your visit must also be related to COVID-19. The Care Centres are equipped to care for COVID-19 symptoms only.

Residents can book an appointment online:

- **Moodie:** 595 Moodie Drive, Ottawa - [Book an appointment](#) or call 613-721-4722
- **Ray Friel:** 1585 Tenth Line, Orléans - [Book an appointment](#) or call 613-288-5353
- **Kids Come First Care Clinic:** 151 Brewer Way, Ottawa – [Book an appointment](#) or call 613-737-7600 extension 6720

*Please note: Physician visits are only for COVID-19 symptoms – Ottawa's Care and Testing Centres are not walk-in clinics and do not offer care for non-COVID related symptoms. Care for non-urgent symptoms unrelated to COVID-19 can be accessed through your family physician or at one of Ottawa's walk-in clinics. If you are seeking urgent care, please go to the nearest emergency department.*

# When should I go for testing?

You can get a COVID-19 test at an assessment centre, care clinic, or community testing site **if any of the following apply to you:**

## 1. Symptoms:

- You are showing one or more [symptom\(s\) of COVID-19](#).

## 2. Exposure:

- You have been exposed to a person who tested positive for COVID-19 and you are **NOT** fully vaccinated\*:
  - Self-isolate immediately
  - If you have symptoms: you should get tested immediately.
  - If you do not have symptoms: you should get tested at least 7 days after your last exposure to the person who tested positive for COVID-19; if you were tested before day 7 and the test result was negative, a repeat test is recommended.
  - If you have had ongoing exposure to an individual who tested positive (e.g., a household member) get tested 7 days after the positive person developed symptoms, or 7 days after the positive person's test date, if they have no symptoms. If you were tested before day 7 and the test result was negative, a repeat test is recommended.
- You have been exposed to a person who tested positive for COVID-19 and you **ARE** fully vaccinated\*:
  - If you have symptoms, self-isolate and get tested immediately
  - If you do not have symptoms, self-monitor for symptoms and get tested at least 7 days after your last exposure to the person who tested positive for COVID-19; if you were tested before day 7 and the test result was negative, a repeat test is recommended.
  - If you have had ongoing exposure to an individual who tested positive (e.g., a household member), get tested 7 days after the positive person developed symptoms, or 7 days after the positive person's test date, if they have no symptoms. If you were tested before day 7 and the test result was negative, a repeat test is recommended.
- You received a COVID Alert app exposure notification; or
- You are a resident or a worker in a setting that has a COVID-19 outbreak, as identified by Ottawa Public Health.
- \* You may consider yourself 'fully vaccinated' when it has been 14 days after receiving: You are a resident or a worker in a setting that has a COVID-19 outbreak, as identified by Ottawa Public Health.
  - The full series of a COVID-19 vaccine authorized by Health Canada (e.g., 2 doses of Moderna, Pfizer-BioNTech or AstraZeneca/COVIDSHIELD, OR 1 dose of Janssen [Johnson & Johnson]) or any combination of such vaccines, OR

- One or two doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Sinopharm) followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada (e.g., Pfizer-BioNTech or Moderna) OR
- Three doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Abdala).

### 3. Long-term care or retirement homes:

- You are a resident, a worker, government inspector or a visitor to long-term care or retirement homes.
  - Long-term care staff, caregivers, volunteers and visitors who are fully immunized against COVID-19 are not required to present a negative COVID-19 test before entering or visiting a long-term care home.

### 4. First Nations, Inuit or Métis:

- You are a person who identifies as First Nations, Inuit or Métis; or
- You are a person travelling to work in a remote First Nations, Inuit or Métis community.

### 5. Other reasons:

- You received a preliminary positive result through rapid testing;
- You are a patient and/or their one accompanying escort travelling out of country for medical treatment;
- You are a temporary foreign worker seeking testing for the purpose of international travel

Ottawa's assessment centres and care clinics, Community Health Centres (CHCs) and Emergency Departments are **not permitted** to provide testing for asymptomatic unvaccinated individuals who require proof of a negative test to enter their workplace, go on campus or attend a public event. For asymptomatic testing, please visit a pharmacy or lab offering these tests, or inquire with your employer, campus or event planner. A list of locations is available on the provincial government's website: [covid-19.ontario.ca/assessment-centre-locations](https://covid-19.ontario.ca/assessment-centre-locations).

If you are in distress (e.g., significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), do not go to an assessment centre or a COVID-19 Care and Testing Clinic. **Go to the nearest emergency department or call 9-1-1.**

# Private testing options for international and domestic travellers

Following [testing guidance](#) from the Ministry of Health, Ottawa's assessment centres no longer provide free COVID-19 tests for the purpose of pre-travel clearance.

Travellers should consult their travel carrier's guidelines to ensure they have the most up-to-date information about requirements. Travellers should also refer to the federal government's [travel website](#) for up-to-date expectations and requirements related to their destination.

If there is a requirement to provide proof of a negative COVID-19 test when traveling domestically or internationally, it is important to ensure ample time for testing and receiving results. COVID-19 testing services are available for a fee, and travellers in need of a test are encouraged to search for convenient local options.

Travellers are also responsible for verifying COVID-19 testing requirements with their airline or the place they will be visiting.

## Suggested private providers to get tested for pre-travel clearance:

### Riverside Travel Medicine Clinic

- 411-1919 Riverside Drive, Ottawa
- 613-733-5553
- [www.travelclinic.org](http://www.travelclinic.org)

### Appletree Medical Centres

- 2150 Robertson Road, Ottawa
- 356 Woodroffe Ave, Ottawa
- 1595 Merivale Road, Ottawa
- 2573 Baseline Road, Ottawa
- 150 Katimavik Road, Ottawa
- 225 Preston Street, Ottawa
- [Click here](#) to book online

### Immigration Physician Ottawa

- 1935 Bank Street, Ottawa
- 4289 Innes Road, Orleans
- [www.pcrtraveltestontario.com](http://www.pcrtraveltestontario.com)

### Lacroix Medical Clinic

- 232 Boulevard Saint Joseph, Gatineau, Québec
- 819-778-1330



## Dynacare Clinics in Montreal

- 475, boulevard de la Côte-Vertu, Saint-Laurent, Québec
- 8560, rue Saint-Hubert, Montreal, Quebec

## Shoppers Drug Mart

- Check [online](#) for locations

*Please note that this is for informational purposes only and there are fees associated at these clinics.*

## Booking a test for those without internet

It is critical that all members of the Ottawa community have access to a COVID-19 test, including residents at a greater risk and individuals who do not have access to the internet.

For those requiring extra support for accessibility reasons, sites have a phone number that can be used to book an appointment.

Please note that the following phone numbers are reserved for residents who need to book an appointment for a COVID-19 test and who do not have access to the internet:

Assessment centre	Phone number
COVID-19 Care and Testing Centre – Moodie	613-721-4722
COVID-19 Care and Testing Centre – Ray Friel	613-288-5353
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic at Brewer Park Arena	613-737-7600 x6720
COVID-19 Assessment Centre at Brewer Park Arena	613-737-8193
COVID-19 Drive-Thru Assessment Centre on Coventry Road	613-737-8193
North Grenville COVID-19 Assessment Centre (Kemptville)	613-258-3192
Centretown Community Health Centre	343-553-2661
Sandy Hill Community Health Centre	613-789-1500
Somerset West Community Health Centre	613-327-8145

Additionally, individuals who do not have phone or internet access may book a future appointment in-person at an assessment centre. People experiencing homelessness, who are unable to book an appointment and meet the criteria for testing, may be tested at the assessment centre during regular hours of operation.

**Residents should not go to the emergency department for COVID-19 testing.**

## For more information

- [Ottawa's COVID-19 Dashboard](#)
- [The Government of Ontario's COVID-19 information](#)
- Other Public Health Units in the Champlain Region:
  - [Leeds, Grenville and Lanark District Health Unit](#)
  - [Eastern Ontario Health Unit](#)
  - [Renfrew County and District Health Unit](#)
- For media inquiries: [media@ottawatestingtaskforce.com](mailto:media@ottawatestingtaskforce.com)

## About the Ottawa COVID-19 Testing Taskforce

The Ottawa COVID-19 Testing Taskforce coordinates COVID-19 testing efforts across the city. Our work is based on guidance provided by Ontario Health, as part of carrying out the provincial government's testing strategy.

We recognize the demand for testing has accelerated. Members of our community – including parents, long-term care home visitors and essential workers – need a clear and consistent source of information when it comes to *where* to get a COVID-19 test, and *who* should get tested.

To meet this growing and important need, the Taskforce will publish Ottawa's Daily Testing Update to keep the community up-to-date on ongoing testing guidelines and informed about any new directives or changes to Ottawa's assessment centres.

### Ottawa COVID-19 Testing Taskforce members

- CHEO
- City of Ottawa, Office of Emergency Management
- Eastern Ontario Regional Laboratory Association (EORLA)
- Hôpital Montfort
- Kids Come First Health Team
- Ottawa Community Health Centres
- Ottawa Health Team - Équipe Santé Ottawa
- Ottawa Public Health
- Public Health Ontario Laboratory (PHOL)
- Queensway Carleton Hospital
- The Ottawa Hospital