

Ottawa's Testing Update: October 6, 2022

OTTAWA COVID-19 TESTING TASKFORCE

Updated: October 6, 2022, 3:30 p.m. EDT

The next Testing Update will be released on Tuesday, October 11

Highlights

730 Average daily PCR tests collected (7 day trend)	718 Average daily lab tests processed ¹ (7 day trend)	0 Number of tests in progress as of October 6 ²	15.8% Positivity rate in Ottawa residents (7 day trend) ³
10 hours Average turnaround (From the time the swab is received at the lab to the result) ⁴	17 hours Average turnaround (from the time the swab is taken at a testing site to the result) ⁵	4,689 Current daily lab capacity ⁶	

Book a PCR COVID-19 test or see a medical professional for an assessment

Location and hours	Book an appointment
West Ottawa Clinical Assessment Centre Hours: Monday to Friday, 8:00 am to 3:00 pm Location: <u>2625 Draper Avenue</u>	Click here to book an appointment
The Ottawa Hospital Clinical Assessment Centre Hours: <ul style="list-style-type: none">Monday to Saturday, 8:00 am to 4:00 pmSunday, CLOSED Location: <u>The Ottawa Hospital, 1081 Carling Ave, Suite 601</u>	Click here to book an appointment
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic Hours: Every day, 7:30 am to 8:00 pm Location: CHEO Main Campus — <u>401 Smyth Road, Ottawa</u>	Click here to book an appointment

¹ Testing data compiled from the Eastern Ontario Regional Laboratory Association (EORLA) and Public Health Ontario Lab (PHOL). Includes PCR tests collected by assessment centres, care clinics, hospitals, and long-term care homes.

² EORLA data only.

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

⁴ Average turnaround from the time the test is received at the lab to the time of reporting (EORLA data only).

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

⁶ Available lab capacity is maintained in accordance with Ontario Health

<p>East Ottawa Kids COVID Care Clinic</p> <p>Hours:</p> <ul style="list-style-type: none"> Monday to Friday, 5:00 pm to 9:00 pm Saturday and Sunday, 9:00 am to 1:00 pm <p>Location: 4289 Innes Road, Orléans</p>	<p>Click here to book an appointment</p>
<p>Brewer Park COVID-19 Testing Centre (18+ years old)</p> <p>Hours:</p> <ul style="list-style-type: none"> Sunday to Friday, 8:30 am to 11:30 am & 12:30 pm to 3:30 pm Saturday, Closed <p>Location: 200 Brewer Way, Ottawa</p>	<p>Click here to book an appointment</p>
<p>North Grenville COVID-19 Assessment Centre (Kemptville)</p> <p>Hours: Monday to Friday, 9:00 am to 1:00 pm</p> <p>Location: 15 Campus Drive, Kemptville</p>	<p>Click here to book an appointment</p>
<p>Orléans Health Hub COVID-19 Testing Centre</p> <p>*NEW: The Orléans Health Hub COVID-19 Testing Centre ended its COVID-19 testing services on Friday, September 30, 2022. Eligible health care workers, their families, and others who qualify for PCR testing in Ottawa’s east end can drop-in to the East Ottawa Kids COVID Care Clinic at 4289 Innes Road in Orléans. The East Ottawa Kids COVID Care Clinic is open Monday to Friday from 5:00 pm to 9:00 pm (although it is best to drop-in before 8:00 pm) and on weekends from 9:00 am to 1:00 pm.</p>	

COVID-19 testing highlights

Testing site	Average daily PCR tests collected (7 day trend)
Ottawa-area assessment centres	80
Orléans Health Hub COVID-19 Testing Centre	1
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic	29
Brewer Park COVID-19 Testing Centre (18+ years old)	19
North Grenville COVID-19 Assessment Centre	5
East Ottawa Kids COVID-19 Care Clinic	3
The Ottawa Hospital Clinical Assessment Centre	0
West Ottawa Clinical Assessment Centre	23
Ottawa-area hospitals	422⁷
Ottawa-area long-term care homes	57⁸

*NEW: Thanksgiving Day hours

Some of Ottawa's assessment centres and care clinics will be closed on Thanksgiving Day. If you need to get tested for COVID-19 on **Monday, October 10**, please review your local testing site's hours below before booking an appointment.

Location	Hours on Monday, October 10
Brewer Park COVID-19 Testing Centre (18+ years old)	CLOSED
The Ottawa Hospital Clinical Assessment Centre	8:00 am to 4:00 pm
COVID-19 CHEO Assessment Centre and Kids Come First Care Clinic	7:30 am to 8:00 pm
West Ottawa Clinical Assessment Centre	CLOSED
North Grenville COVID-19 Assessment Centre	CLOSED
East Ottawa Kids COVID-19 Care Clinic	5:00 pm to 9:00 pm

⁷ EORLA data only.

⁸ Reported in alignment with Ottawa Public Health's [COVID-19 Ottawa Residents Tested](#).

***NEW: COVID-19 testing services ending at the Orléans Health Hub on September 30**

The Orléans Health Hub COVID-19 Testing Centre ended its COVID-19 testing services on **Friday, September 30, 2022.**

This drive-thru location primarily tested health care workers and averaged 10 COVID-19 test per day. For this reason, Hôpital Montfort made the decision to end COVID-19 testing at this site and reallocate resources back to where they are needed most.

Eligible health care workers, their families, and others who qualify for PCR testing in Ottawa's east end can drop-in to the East Ottawa Kids COVID Care Clinic at 4289 Innes Road in Orléans. The East Ottawa Kids COVID Care Clinic is open Monday to Friday from 5:00 pm to 9:00 pm (although it is best to drop-in before 8:00 pm) and on weekends from 9:00 am to 1:00 pm.

To find other testing locations and care clinics across the city, please visit OttawaPublicHealth.ca/CovidTesting.

QCH opens clinical assessment centre offering physician appointments

Queensway Carleton Hospital's new West Ottawa Clinical Assessment Centre is now fully open with its full suite of services for patients with respiratory illness. The Centre is located at 2625 Draper Avenue.

Patients can book an appointment for:

- Physician consultation and treatment for symptoms of respiratory illness
- Swab-only COVID-19 testing (refer to the [Ottawa Public Health Website](#) for the criteria)
- Assessing, referring, and prescribing antiviral therapy treatment options for COVID-19

The West Ottawa Assessment Centre is operated by Queensway Carleton Hospital in partnership with community physicians. It replaces the trusted Moodie COVID-19 Assessment Centre which closed on July 15, to be used once again as a school. The new West Ottawa Assessment Centre opened unofficially in August with a limited number of services. Now the Diagnostic Imaging equipment is in place and the Centre is once again for its full scope of services.

Appointments are available from 8:00 am – 3:00 pm, Monday to Friday. Book an appointment and find further details on QCH's [West Ottawa Assessment Centre webpage](#).

Accessing antiviral treatments in Ottawa

To protect Ontario residents during this latest wave of COVID-19, the Government of Ontario [expanded eligibility for COVID-19 antiviral treatments](#) to more high-risk individuals.

Antiviral treatments, such as Paxlovid, are free antiviral medications that are taken orally. Although it is not a replacement for vaccination or other recommended precautions, in a clinical trial Paxlovid reduced the risk of hospitalization or death by 89% in people at higher risk of serious illness from COVID-19.

With new expanded eligibility, you likely have questions about how to access antiviral treatment in your community. The following FAQ includes details about eligibility, where, and how to seek treatment in Ottawa.

Who is eligible for antiviral treatment for COVID-19?

Paxlovid is given to adults who are at higher risk of serious illness from COVID-19. Your risk of serious illness is determined based on a combination of your health, age, and vaccination status, based on an assessment from a health care provider.

The following higher risk groups are eligible to be **tested and assessed** for antiviral treatments, such as Paxlovid, in Ontario:

- Immunocompromised (have an immune system that is weakened by a health condition or medications)
- 70 years of age and older
- 60 year of age and older with less than three vaccine doses
- 18 years of age or older with less than three vaccine doses and at least one risk condition:
 - Diabetes
 - Obesity
 - Heart disease
 - Hypertension
 - Congestive heart failure
 - Chronic lung disease (including cystic fibrosis)
 - Moderate or severe kidney disease
 - Intellectual or developmental disability
 - Cerebral palsy
 - Sickle cell disease
 - Moderate or severe liver disease
 - Pregnancy

Use Ontario's antiviral screener tool to help determine if you should be assessed for treatment:
covid-19.ontario.ca/covid-treatment-screener.

[Health care providers](#) may also determine if antiviral treatment is appropriate for patients based on individual circumstances even if they do not belong to one of the groups listed. Paxlovid prescriptions can also be filled at many [participating pharmacies](#) across the region.

Can my child receive antiviral treatment?

In Canada, Paxlovid is not approved for routine use in children and youth less than 18 years of age. Treatment of medically fragile children and youth at the very highest risk of suffering severe complications may be considered by the medical specialists who manage their care needs.

I confirmed that I should be assessed for treatment. What do I do now?

It is important to remember that treatment for antivirals must be started within **five days** (depending on treatment) of when your symptoms began.

Adults who are part of higher risk groups and who have COVID-19 symptoms (even if mild) should **immediately seek testing and care** by contacting their health care provider or visiting a clinical assessment centre (where you can get tested, assessed, and provided treatment or a prescription):

- The Ottawa Hospital Clinical Assessment Centre - 1081 Carling Ave, Suite 601, Ottawa

Use a [rapid antigen test](#) if you have one, being sure to [sample your throat or tongue](#) in addition to your nose to increase the chance that you will detect COVID-19 if you have it. However, as rapid antigen tests may be negative in the early stage of infection, seek PCR testing and assessment immediately if the test is negative or if you don't have a rapid antigen test.

If you are not able to visit your family doctor or a clinical assessment centre, you can get a PCR test at any provincial testing location, but will also need an assessment from a health care provider to get treatment. After confirming you have COVID-19, contact your family doctor, book an appointment at a clinical assessment centre, or call Telehealth Ontario at 1-866-797-0000 as soon as possible.

What should I expect during my assessment?

During your assessment, you should bring a list of:

- Your medications, including prescriptions and over-the-counter medicines, vitamins, and herbal supplements
- Any important medical conditions

A health care provider, often with a pharmacist, will decide if any changes to your regular medications are necessary before safely taking Paxlovid or another treatment.

What do I do if I need to see a medical professional, but I am not high-risk?

If you, your child, or a loved one are experiencing COVID-19 symptoms and want to be seen by a medical professional, but are not high-risk, there are several options available to you.

First talk to your primary care provider. A health care provider *may* determine treatment is right for you even if you do not belong to one of the groups above based on your individual circumstances. If treatment is not recommended, many family doctor's offices can see you in-person or virtually to help you decide on next steps.

If you do not have access to a family doctor, you can be seen by a medical professional at one of Ottawa's care clinics for children, youth, and adults:

- The Ottawa Hospital Clinical Assessment Centre (18+ years old) - 1081 Carling Ave, Suite 601, Ottawa
- East Ottawa Kids COVID Care Clinic (2 months to 17 years) - 4289 Innes Road, Orléans
- Kids Come First Care Clinic (2 months to 17 years) - 401 Smyth Road, Ottawa
- West Ottawa Clinical Assessment Centre (Anyone over six months old) - 2625 Draper Avenue

If you have one of more of the following moderate to severe symptoms, you should immediately call 911 or go to the emergency department:

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where you are
- Losing consciousness

Who qualifies for a PCR COVID-19 test

As per provincial testing guidance, you are eligible for PCR COVID-19 testing if you have [COVID-19 symptoms](#) and are any of the following:

- a patient-facing health care worker
- a patient in an emergency department, at the discretion of the treating clinician
- a staff member, volunteer, resident, inpatient, essential care provider, or visitor in the [highest risk settings](#)*
- a home and community care worker
- a student or staff at a Provincial Demonstration School or a hospital school
- someone at [higher-risk](#) for severe COVID-19 who would be eligible for outpatient treatment (treatment outside hospital) following an assessment and positive test
- someone who lives with a patient-facing health care worker and/or a worker in the [highest risk settings](#)*
- an outpatient being considered for COVID-19 treatment
- an outpatient who requires a diagnostic test for clinical management
- a temporary foreign worker living in a congregate setting
- underhoused or experiencing homelessness
- pregnant
- a first responder, including firefighters, police and paramedics
- an elementary or secondary student or education staff who has received a PCR self-collection kit, if available through your school

- other individuals as directed by the local public health unit based on outbreak investigations in [high risk settings](#), etc.*

Whether you have symptoms or not, you are eligible for PCR COVID-19 testing if you:

- are an individual from a First Nation, Inuit, Métis community, and/or who self-identifies as First Nation, Inuit, and Métis and their household members
- are an individual travelling into First Nation, Inuit, Métis communities for work
- are being admitted or transferred to or from a hospital or congregate living setting
- are a close contact of someone in a confirmed or suspected outbreak in a highest risk setting, or other settings as directed by the local public health unit
- are scheduled for a surgical procedure requiring general anesthetic in the next 24-48 hours
- have written prior approval for out-of-country medical services from the General Manager of OHIP or are a caregiver for someone who does
- are in a hospital, long-term care, retirement home or other congregate living setting, as directed by public health units, provincial guidance or other directives

If you have symptoms but are not eligible for testing, assume you have COVID-19 and follow the steps for [what to do if you've been exposed to COVID-19](#).

* The highest-risk settings include:

- hospitals and health care settings, including complex continuing care facilities and acute care facilities
- congregate living settings, such as long-term care and retirement homes, First Nation elder care lodges, group homes, shelters, hospices, temporary foreign worker settings, correctional institutions and Provincial Demonstration Schools and hospital schools
- home and community care settings

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:

Ottawa West Travel Medicine Clinic

In addition to pre-travel testing, the Ottawa West Travel Medicine Clinic also offers in-house PCR testing and doctor assessments to aid in issuing Certificates of Recovery and Fitness to Travel.

- 760 Eagleson Road (2nd Floor Superstore) Kanata
- 613-301-6010 / 613-592-9081
- www.ottawatravelmedicine.com

Pharmacie MediOne

- 103-595 Montréal Road, Ottawa
- 613-422-2071
- www.pharmaciemedione.ca

Riverside Travel Medicine Clinic

- 411-1919 Riverside Drive, Ottawa
- 613-733-5553
- 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

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

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 CHEO Assessment Centre and Kids Come First Care Clinic	613-737-7600 x6720
Brewer Park COVID-19 Testing Centre (18+ years old)	613-737-8193
North Grenville COVID-19 Assessment Centre	613-258-3192
East Ottawa Kids COVID Care Clinic	613-566-4470
The Ottawa Hospital Clinical Assessment Centre	613-798-5555 x19507
West Ottawa Clinical Assessment Centre	613-721-4722

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

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 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