



Sioux Lookout  
First Nations  
Health Authority

## **Radio Script: Testing, management, and contact tracing for COVID-19**

**Updated: April 2021**

Hello listeners! This is \_\_\_\_\_.

Today, we will talk about getting tested for COVID-19.

As we know, there is only one way to know if you have COVID-19.

You need to get tested!

You should seek out testing if you have symptoms of COVID-19.

The most common symptoms of COVID-19 are:

- Fever
- New or worsening cough
- Feeling unusually tired
- Shortness of breath

Some people with COVID-19 also report:

- Having a sore throat
- Having difficulty swallowing
- Having a decrease or loss of taste or smell
- Having nausea, stomach pain, vomiting, or diarrhea
- Having a runny or stuffy nose (that isn't related to seasonal allergies, being out in the cold, or post-nasal drip)
- Losing their appetite
- Having a skin rash
- Having pink eye, and
- Having a headache and/or other muscles aches and pains

If you or someone in your household has any of these symptoms, you should contact your nursing station or healthcare provider. There are two other reasons



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you may need to get tested for COVID-19. You may need to get tested if you have travelled outside of your community. And you may need to get tested if you were a close contact of anyone who has COVID-19.

The test for COVID-19 is a nose, throat, or nasopharyngeal swab. These tests swab the inside of your nostril and/or the back of your throat.

The healthcare worker doing the test will be wearing personal protective equipment. These are things like masks, gloves, and gowns. This is to reduce their risk of exposure through respiratory droplets.

Sometimes you can get what's called a rapid test. This means that you can get your test results in less than 30 minutes. But most test results will take 3-7 days.

Depending on the reason for your test, you may just be asked to self-monitor while you wait for your results. But if you have symptoms, have travelled outside of Canada in the last two weeks, or know you have been exposed to someone with COVID-19, you will need to self-isolate. This means staying at home and away from others while you wait for your results. It is not advised to go out in the community, even with a mask on. You should only leave your home if you are seeking medical care.

If you can, try and stay in a separate room and use a separate bathroom. If that's not going to work, make sure that there is a cleanser and disinfectant with disposable paper towel handy. Each household member should use it on the surfaces, sink, taps, toilet seat, flush, light switch, and door handles after each use.

If you need groceries, medication, or other essential items, ask a family member, friend, or neighbour to do this for you. Ask to have the items left at the door to lower contact.

If you need to be around others, practice physical distancing and wear a face mask. Make sure the mask covers your nose and mouth.



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You will need support and help. If you usually cook, you will need to have someone else do that for you. It is important that you do not do things for others while you are self-isolating.

Make sure you follow these practices until you get your test results. You may be able to check your results online. Otherwise, a nurse will follow up with you. They will tell you your results and give you any instructions or supports that are important.

**If your test is negative**, the nurse will tell you. Depending on your symptoms and the reason you were tested, they may give you new directions.

It is very important to self-isolate until you hear back from them and they advise that it is safe to stop. You would continue to self-monitor and practice physical distancing once your self-isolation is over.

**If you test positive**, you will be contacted by a nurse from your local nursing station. The nurse will advise you how to seek medical care if you need it and when you can stop self-isolating. This is called case management. The goal is to make sure you get the care you need and to help you prevent the spread of COVID-19.

When someone gets really sick from COVID-19, they may be taken to the hospital for care. In this case, they will be tested before they go home. If someone tested positive for COVID-19 and has symptoms, they would be tested again 24 hours after their symptoms resolve. Once they get their negative test result, they are safe to leave the hospital.

When you test positive, the nurse will also ask you some questions. They will ask you about your health and any chronic medical conditions you have. They will ask you about where you have gone and who you have been in contact with. This is to help figure out where you may have gotten COVID-19 and who else may have been infected. This is called contact tracing.



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The nurse will ask you about the places you've been and the people you have been around.

They will ask you about the places you have been. Specifically, the places you have been in the 2 weeks before you started feel ill. If you don't have symptoms, they will want to know about the places you have been in the 2 weeks before you got tested.

They will ask you about who you have been in close contact with. A close contact is someone that you were less than 2m away from for more than 15 minutes. This does not include anyone you just walked by. They will really want to know about anyone you were close with during the two days before you started feeling ill or were tested.

By sharing where you have been and who you were close with, you are helping contain the spread of the virus in your community. You are also helping your close contacts. You are making sure they receive information, support, and follow-up to prevent the virus from spreading to others. Your name and details stay anonymous.

It is important to know that testing for COVID-19 is the only way to confirm diagnosis. It is free. It is voluntary. And it is confidential.

This brings us to the end. Miigwetch for all your efforts to stop the spread of COVID-19. For more resources, you can visit [www.sfnha.com/covid/](http://www.sfnha.com/covid/) or talk with your healthcare provider.