



## WHERE DO I GO FOR THE FLU, A COLD OR COVID-19?

COVID-19, cold and flu symptoms are very similar and testing is the best way to diagnose which of these illnesses a person may have. The Hills of Headwaters Collaborative Ontario Health Team provides convenient, safe options for COVID-19 testing, as well as assessment and care for people who have flu-like symptoms.

### Visit our Cold & Flu Clinic if you:

Have moderate symptoms such as:

- Fever (temperature of 37.8°C or above) that's not caused from a known infection or illness
- Any worsening:
  - Cough, shortness of breath
  - Sore throat or hoarse voice
  - Runny nose or sneezing, nasal congestion
  - Loss of taste or smell
  - Pink eye/redness of eye(s)
  - Nausea and vomiting, or diarrhea or abdominal pain
  - Flu-like illness

Need to see a doctor

Anyone over the age of 6 months can be tested



### LOCATION

**Canadian Mental Health Office**  
1 Elizabeth Street, Orangeville  
Back of building, Suite L2

Clinic Hours:

4PM - 8PM | Monday - Thursday

Call Centre Hours:

9AM - 7PM | Monday - Thursday

To book an appointment call  
1-888-530-1319.

### Visit our COVID-19 Assessment Centre if you:

- You are showing COVID-19 symptoms;
- Have been exposed to a confirmed case of the virus, as informed by their public health unit or exposure notification through the COVID-19 app;
- A resident or worker in a setting that has a COVID-19 outbreak, as identified and informed by their local public health unit; or
- Eligible for testing as part of a targeted testing initiative directed by the Ministry of Health or the Ministry of Long-Term Care.
- A dialysis patient and have been directed by a physician to be tested due to your 'atypical' symptoms
- Have been directed by a physician to be tested prior to the start of your first chemotherapy treatment
- A perioperative patient. You will continue to be tested a few days in advance of your proposed surgery.
- You can also QUALIFY for a test at a COVID-19 Assessment Centre if you are from the following Population groups and if you are NOT SHOWING SYMPTOMS:
  - Residents, workers or visitors in long-term care homes
  - Residents or workers in homeless shelters
  - International students that have passed their 14-day quarantine period
  - Farm workers or
  - Indigenous communities



### LOCATION

**Headwaters Health Care Centre**  
100 Rolling Hills Drive, Orangeville

Assessment Centre Hours:

10AM - 10PM | Daily

Call Centre Hours:

8:30AM - 4:30PM | Daily

To book an appointment call  
1-833-442-2001.

### NOT SURE WHERE TO GO?

Contact your family doctor or visit  
[covid-19.ontario.ca](https://covid-19.ontario.ca)