Public health officials advise Manitobans to stay home as much as possible to prevent the spread of COVID-19. When people do go out, they should take steps to maintain social distancing.

**If you must travel to your cottage or second residence, follow these guidelines:**

- **Do not travel** if you or any of your family members require medical care or have symptoms of COVID-19 (fever, cough, runny nose, sore throat, shortness of breath or difficulty breathing). If you have any symptoms, use the screening tool at: [www.sharedhealthmb.ca/covid19/screening-tool/](http://www.sharedhealthmb.ca/covid19/screening-tool/) before you travel to see if you need to be tested.

- If you or anyone with you begins to feel ill or experiences COVID-19 symptoms, return home immediately.

- **Do not use** local health providers, unless it is an emergency.

- In the event of a medical emergency requiring evacuation, be sure you can contact local authorities. Emergency contact information varies by region. Ensure you collect and take that information with you before you leave home.

- Public officials have advised people not to travel outside Manitoba, with some exceptions. These rules apply only to travel in Manitoba. Authorities in other provinces control restrictions in those provinces.

For information on any travel restrictions or public health orders in place, visit [www.manitoba.ca/covid19](http://www.manitoba.ca/covid19)