

COVID-19 Screening Tool for Public Health and Health Links-Info Santé

Purpose: this tool is intended to assist with calls from the community about novel coronavirus (COVID-19), specifically to determine if a caller should be investigated for COVID-19.

This screening tool is intended to supplement clinical judgement, not supersede it.

Disease information: COVID-19 management protocol and information available at:
<https://www.gov.mb.ca/health/publichealth/diseases/coronavirus.html>

Treatment for COVID-19: Treatment information available at:
<https://manitoba.ca/covid19/treatment/index.html>

Risk Assessment: Initial Screening Questions

	A. Do you have new onset or worsening of any of the following symptoms?		
	<input type="checkbox"/> Fever > 38°C or subjective fever/ chills	Yes	No
	<input type="checkbox"/> Cough	Yes	No
	<input type="checkbox"/> Sore throat/ hoarse voice	Yes	No
	<input type="checkbox"/> Shortness of breath/ breathing difficulties	Yes	No
	<input type="checkbox"/> Loss of taste or smell	Yes	No
	<input type="checkbox"/> Vomiting or diarrhea for more than 24 hours	Yes	No
	B. Do you have new onset or worsening of 2 or more of any of the following symptoms?		
	<input type="checkbox"/> Runny nose	Yes	No
	<input type="checkbox"/> Muscle aches	Yes	No
	<input type="checkbox"/> Fatigue	Yes	No
	<input type="checkbox"/> Conjunctivitis (pink eye)	Yes	No
	<input type="checkbox"/> Headache	Yes	No
	<input type="checkbox"/> Skin rash of unknown cause	Yes	No
	<input type="checkbox"/> Nausea or loss of appetite	Yes	No
	<input type="checkbox"/> Poor feeding if an infant	Yes	No
If screen positive for one symptom listed in A, or two symptoms in B, consider symptomatic.			
1.	Have you tested positive for COVID-19 in the previous 10 days by either a rapid test or a laboratory-based test?	Yes	No
2.	Have you been exposed in the last 14 days to someone that has tested positive for COVID-19 (either by rapid test or laboratory-based test) or has COVID-19 symptoms?	Yes	No
3.	Have you travelled internationally (outside of Canada) in the last 14 days?	Yes	No
4.	If asymptomatic based on only one group B symptom: Do you have a new onset or worsening of only one of the following group B symptoms: runny nose, muscle aches, fatigue, conjunctivitis (pink eye), headache,	Yes	No

	skin rash of unknown cause, nausea or loss of appetite, or poor feeding if an infant?		
5.	If no exposures, follow advice based on presence or absence of symptoms.	Yes	No

SYMPTOMATIC PATH

S1. If symptomatic and yes to #1. Have you tested positive for COVID-19 in the previous 10 days by either a rapid test or a laboratory-based test?

- If HCW, they should follow the process outlined by occupational health or designate
- If your test result is positive, you need to consider yourself as having COVID-19. You should **immediately** limit your contact with others, and isolate yourself at home. **You should isolate for 5 days after your symptoms started and until you have no fever and your other symptoms have improved over the past 24 hours.**
- **You should also avoid non-essential visits to high-risk settings and non-essential contact with individuals at high risk of severe outcomes for 10 days after your symptoms started. As well, you should wear a well-made, well-fitted mask during this 10 day period if/ when you have contact with other people.**
- If your positive test result was from a rapid antigen test, for most situations, you do not need a confirmatory PCR test. Public health recommends confirmatory PCR only for a few situations. For more information, visit <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html>.
- **Assess severity of symptoms:** If symptoms are more severe and require health care assessment (e.g. shortness of breath/breathing difficulties). They need to be assessed in their local urgent care centre or Emergency Room. If you are experiencing severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you have COVID-19.
- **Treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated. Treatment is only effective in the very early phases of infection so it is important to get referred quickly if you are eligible. Please check <https://manitoba.ca/covid19/treatment/index.html> to find out if you are eligible or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257).
- **Please see the COVID-19 fact sheet(s) for further information on isolation:** <https://manitoba.ca/covid19/updates/resources.html#factsheets>
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- The individual who has COVID-19 should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts need to be very cautious while the case is isolating and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Individuals should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case in the household should check for any return to work requirements put in place by occupational health or designate.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean and disinfect surface areas frequently and stay at least 6 feet, or 2 metres away from others, including other people in your household.
- For medical appointments, please phone to notify that you are **isolating** in order for them to advise you on how to proceed.
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions
- **Do Not Fax Public Health**

S2. If symptomatic and yes to #2. Have you been exposed in the last 14 days to someone that has tested positive for COVID-19 (either by rapid test or laboratory-based test) or has COVID-19 symptoms?

- Examples of possible exposure to COVID-19 include:
 - Close contact with someone who has tested positive for COVID-19 such as a household member
 - Exposure to COVID-19 at work, in a laboratory, or in a public setting
 - Exposure to COVID-19 in a setting that has been identified by public health as a risk for acquiring COVID-19 such as an outbreak
 - You received notification from the COVID Alert App that you may have been exposed. Note that Manitoba will not be supporting the COVID Alert App after March 15 and will not be providing keys to positive cases.
- If HCW, they should follow the process outlined by occupational health or designate
- Since you are symptomatic, you should **immediately** limit your contact with others and isolate yourself at home.
- **Assess severity of symptoms:** If symptoms are more severe and require health care assessment (e.g. shortness of breath/breathing difficulties). They need to be assessed in their local urgent care centre or Emergency Room. If you are experiencing severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you were exposed to COVID-19
- **Treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Testing for COVID-19** is recommended when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings. Please see <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html> for more information on testing eligibility.
- If you are not eligible for PCR testing, but have access to rapid antigen tests you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. It is recommended you take a second test 24 hours after your first, and if available, a third test 24 hours later. For more information on rapid antigen test and how to use them, see: <https://www.gov.mb.ca/covid19/testing/rat.html>
- Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate.
- For most situations, confirmatory PCR test is not needed if the RAT result is positive. Public health recommends confirmatory PCR only for a few situations. For more information, visit [gov.mb.ca/covid19/testing/testing-eligibility.html](https://www.gov.mb.ca/covid19/testing/testing-eligibility.html).
- You should isolate for 5 days after your symptoms started and until you have no fever and your other symptoms have improved over the past 24 hours.
- You should also avoid non-essential visits to high-risk settings and non-essential contact with individuals at high risk of severe outcomes for 10 days after your symptoms started. As well, you should wear a well-made, well-fitted mask during this 10 day period if/when you have contact with other people.
- Please see the COVID-19 fact sheet(s) for further information on isolation <https://manitoba.ca/covid19/updates/resources.html#factsheets>
- If you test negative, you can stop isolating when you no longer have a fever and your symptoms have been improving for 24 hours. If you have been advised to self-isolate (quarantine), you are still required to complete your self-isolation (quarantine) period.
- If you are not tested, you should assume you have COVID-19 since you have symptoms, and should follow the guidance for isolation of COVID-19 cases.
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk

situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.

- The symptomatic individual should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts need to be very cautious while a case or symptomatic individual is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Household contacts should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case or an individual with COVID-19 symptoms in the household should check for any return to work requirements put in place by occupational health or designate.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean and disinfect surface areas frequently and stay at least 6 feet, or 2 metres away from others, including other people in your household.
- For medical appointments, please phone to notify that you are **isolating** in order for them to advise you on how to proceed.
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions
- **Do Not Fax Public Health**

S3. If symptomatic and yes to #6. Have you travelled internationally (outside of Canada) in the last 14 days?

- If HCW, they should follow the process outlined by occupation health or designate
- Confirm travel in relation to current federal (<https://travel.gc.ca/travel-covid#ua>) travel restrictions and exemptions.
- **If yes** – You should **immediately** limit your contact with others and isolate yourself at home.
- All returning international travelers, except those excluded from current Public Health Orders, are required to self-isolate (quarantine). Individuals travelling within Canada are not required to self-isolate (quarantine). Exemptions are posted on the [Government of Canada](#) website.
- **Assess severity of symptoms:** If symptoms are more severe and require health care assessment they need to be assessed in their local urgent care centre or Emergency Room. If you are experiencing severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you were exposed to COVID-19.
- **Treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **It is recommended that you be tested by PCR for COVID-19 if you have travelled internationally.** You may go directly to the nearest COVID-19 testing location during their open hours. To find a test site or to book an appointment for testing, call the provincial Appointment Line or go to the MB Gov't website (<https://www.gov.mb.ca/covid19/testing/index.html>). Please indicate at the time of testing that you have travelled and share the location of your travel.
- **Please see the COVID-19 fact sheet(s) for further information manitoba.ca/covid19/factsheets.**
- **Please note, the isolation period for people who have travelled internationally and who have symptoms or a positive test result is 10 days.**
- If you are required to self-isolate (quarantine), the length of your isolation period will depend on when your 14-day self-isolation (quarantine) period began; when your symptoms began, and when they resolve. You will be able to end your isolation period when:
 - Your **10 day** isolation period has passed; **AND**
 - at least 24 hours have passed since your symptoms improved; **AND**
 - at least 14 days have passed since the original 14-day self-isolation (quarantine) period began.

- This means you may need to **isolate** longer than 14 days if your symptoms started after you began to self-isolate (quarantine), or if you are still experiencing symptoms after your self-isolation (quarantine) period has ended.
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- The symptomatic individual should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts, need to be very cautious while the symptomatic person is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Individuals should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case in the household should check for any return to work requirements put in place by occupational health or designate
- If your COVID-19 test result is negative, unless you are exempt from self-isolation (quarantine) in Public Health Orders, you are required to self-isolate (quarantine) for the remainder of the 14-day period and you should stay home until you have no fever and your other symptoms have been improving over the past 24 hours. This means that you may have to isolate for longer than 14 days.
- If your COVID-19 test result is negative and you are exempt from self-isolation (quarantine), you should stay home until you have no fever and your other symptoms have been improving over the past 24 hours. You should continue to self-monitor for new symptoms of COVID-19 for 14 days after your exposure, but you can resume your regular activities.
- If you are not tested, you should assume you have COVID-19 since you have symptoms, and should follow the guidance for isolation of COVID-19 cases.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean and disinfect surface areas frequently and stay at least 6 feet, or 2 metres away from others, including other people in your household.
- For medical appointments, please phone to notify that you are **isolating** in order for them to advise you on how to proceed.
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions
- **DO NOT Fax Public Health**

S5. If symptomatic with no travel or exposure history:

- If HCW, they should follow the process outlined by occupational health or designate.
- **If yes** – You should **immediately** limit your contact with others and isolate yourself at home.
- **Assess severity of symptoms:** If symptoms are more severe and require health care assessment they need to be assessed in their local urgent care centre or Emergency Room. If you are experiencing severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you were exposed to COVID-19.
- **Treatment for COVID-19** is now available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Testing for COVID-19** is recommended when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings. Please see <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html> for more information on testing eligibility.
- If you are not eligible for PCR testing, but have access to rapid antigen tests you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. It is

recommended you take a second test 24 hours after your first, and if available, a third test 24 hours later. For more information on rapid antigen test and how to use them, see: <https://www.gov.mb.ca/covid19/testing/rat.html>

- Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate. For most situations, confirmatory PCR test is not needed if the RAT result is positive. Public health recommends confirmatory PCR only for a few situations. For more information, visit [gov.mb.ca/covid19/testing/testing-eligibility.html](https://www.gov.mb.ca/covid19/testing/testing-eligibility.html)
- You should isolate for 5 days after your symptoms started and until you have no fever and your other symptoms have improved over the past 24 hours.
- You should also avoid non-essential visits to high-risk settings and non-essential contact with individuals at high risk of severe outcomes for 10 days after your symptoms started. As well, you should wear a well-made, well-fitted mask during this 10 day period if/when you have contact with other people.
- **Please see the COVID-19 fact sheet(s) for further information** [manitoba.ca/covid19/factsheets](https://www.gov.mb.ca/covid19/factsheets).
- If your COVID-19 test results are negative, you should stay home until you have no fever and your other symptoms have been improving over the past 24 hours.
- If you are not tested, you should assume you have COVID-19 since you have symptoms, and should follow the guidance for isolation of COVID-19 cases.
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- The symptomatic individual should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts, need to be very cautious while the symptomatic person is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Individuals should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case or an individual with COVID-19 symptoms in the household should check for any return to work requirements put in place by occupational health or designate.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean and disinfect surface areas frequently and stay at least 6 feet, or 2 metres away from others, including other people in your household.
- For medical appointments, please phone to notify that you are **isolating** in order for them to advise you on how to proceed.
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions
- For further COVID-19 information, please visit the Province of Manitoba website.
- **DO NOT Fax Public Health**

ASYMPTOMATIC PATH (A):

A1. If asymptomatic and yes to #1. Have you tested positive for COVID-19 in the previous 10 days by either a rapid test or a laboratory-based test?

- If HCW, they should follow the process outlined by occupational health or designate.
- If your test result is positive, you need to consider yourself as having COVID-19. You should **immediately** limit your contact with others, and isolate yourself at home. You should isolate for 5 days after your symptoms started and until you have no fever and your other symptoms have improved over the past 24 hours. If you have a positive test and don't develop symptoms, you should isolate for 5 days from the date of your positive test.
- You should also avoid non-essential visits to high-risk settings and non-essential contact with individuals at high risk of severe outcomes for 10 days after your symptoms started or, if you

have no symptoms, the date of your positive test. As well, you should wear a well-made, well-fitted mask during this 10 day period if/when you have contact with other people.

- If your positive test result was from a rapid antigen test, for most situations, you do not need a confirmatory PCR test. Public health recommends confirmatory PCR only for a few situations. For more information, visit <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html>.
- If you develop symptoms, **treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. It is important to get referred quickly after symptoms start. Please check <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Please see the COVID-19 fact sheet(s) for further information:** <https://manitoba.ca/covid19/updates/resources.html#factsheets>
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- The person who has tested positive for COVID-19 should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts need to be very cautious while the case is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Individuals should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case in the household should check for any return to work requirements put in place by occupational health or designate.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean and disinfect surface areas frequently and stay at least 6 feet, or 2 metres away from others, including other people in your household.
- For medical appointments, please phone to notify that you are **isolating** in order for them to advise you on how to proceed.
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions
- **Do Not Fax Public Health**

A2. If asymptomatic and yes to #2. Have you been exposed in the last 14 days to someone that has tested positive for COVID-19 (either by rapid test or laboratory-based test) or has COVID-19 symptoms?

- Examples of possible exposure to COVID-19 include:
 - Close contact with someone who has tested positive for COVID-19 such as a household member
 - Exposure to COVID-19 at work, in a laboratory, or in a public setting
 - Exposure to COVID-19 in a setting that has been identified by public health as a risk for acquiring COVID-19 such as an outbreak
 - You received notification from the COVID Alert App that you may have been exposed
Note that Manitoba will not be supporting the COVID Alert App after March 15 and will not be providing keys to positive cases.
- If HCW, they should follow the process outlined by occupational health or designate.
- **If yes - Based on your responses YOU do not need to be tested for COVID-19 at this time.**
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- You should self-monitor for symptoms of COVID-19 for 14 days following the exposure and isolate

immediately if any develop. You should be very cautious during your self-monitoring period and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19.

- Health care workers who have a case or an individual with COVID-19 symptoms in the household should check for any return to work requirements put in place by occupational health or designate.
- If you develop symptoms, **treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Testing for COVID-19** is recommended for symptomatic people when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings. Please see <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html> for more information on testing eligibility.
- If you have symptoms, are not eligible for PCR testing, but have access to rapid antigen tests, you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. It is recommended you take a second test 24 hours after your first, and if available, a third test 24 hours later. For more information on rapid antigen test and how to use them, see: <https://www.gov.mb.ca/covid19/testing/rat.html>
- Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate. For most situations, you do not need a confirmatory PCR test if your RAT result is positive. Public health recommends confirmatory PCR only for a few situations. For more information, visit [gov.mb.ca/covid19/testing/testing-eligibility.html](https://www.gov.mb.ca/covid19/testing/testing-eligibility.html).
- **If you develop symptoms and are not tested, you should isolate and follow guidance for COVID-19 cases.**
- **Please see the COVID-19 fact sheet(s) for further information:** <https://manitoba.ca/covid19/updates/resources.html#factsheets>
- Please call us back if you develop any symptoms of COVID-19 as listed in this screening tool (including fever, cough or difficulty breathing), or if you have any questions.
- **Do Not FAX Public Health**

A3. If asymptomatic and yes to #6. Have you travelled internationally (outside of Canada) in the last 14 days?

- If HCW, they should follow the process outlined by occupational health or designate.
- Confirm travel in last 14 days. Confirm travel in relation to current federal (<https://travel.gc.ca/travel-covid#ua>) travel restrictions and exemptions.
- **If yes – Based on your responses YOU do not need to be tested for COVID-19 at this time.**
- All returning international travelers, except those excluded from current Public Health Orders, are required to self-isolate (quarantine). Individuals travelling within Canada are not required to self-isolate (quarantine).
- Exemptions are posted on the [Government of Canada](#) website.
- If you are required to self-isolate (quarantine), you must self-isolate (quarantine) for 14 days after arrival regardless of negative test results.
 - International travelers must follow federal testing and self-isolation (quarantine) requirements.
 - **You should not go to work and children should not go to school or daycare while on self-isolation (quarantine)**
- If you are not required to self-isolate (quarantine), you should self-monitor for symptoms for 14 days after arrival and isolate immediately if any symptoms develop.
- If you develop symptoms, **treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or

Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.

- **If you develop symptoms, it is recommended that you be tested by PCR for COVID-19 if you have travelled internationally. You may go directly to the nearest COVID-19 testing location during their open hours.** For the testing site nearest you, please visit gov.mb.ca/covid19/locations.html. If you have travelled outside of Canada, please indicate at the time of testing that you have travelled and share the location of your travel.
- Please note, the isolation period for people who have travelled internationally and who have symptoms or a positive test result is 10 days.
- Please see COVID-19 fact sheet(s) for further information <https://manitoba.ca/covid19/updates/resources.html#factsheets>.
- Please call us back if you develop any symptoms of COVID-19 as listed in this screening tool (including fever, cough or difficulty breathing), or if you have any questions.
- **DO NOT Fax Public Health**

A4. If asymptomatic based on screening with only one symptom in category B:

- If HCW, they should follow the process outlined by occupational health or designate.
- If you have only one symptom on this list and it has been less than 24 hours since the onset, it is recommended that you stay home and avoid contact with other people.
- **After 24 hours, re-evaluate the situation to see if there is any change in your symptoms. If there is a change, re-take the self-assessment.**
- **If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), you should continue isolating.**
- **Treatment for COVID-19** is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important.
Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Testing for COVID-19** is recommended for symptomatic people when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings. Please see <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html> for more information on testing eligibility.
- **If you are eligible for treatment, you should be tested, even if you only have one symptom.**
- If you are not eligible for PCR testing, but have access to rapid antigen tests, you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. It is recommended you take a second test 24 hours after your first, and if available, a third test 24 hours later. For more information on rapid antigen test and how to use them, see: <https://www.gov.mb.ca/covid19/testing/rat.html>
- Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate.
For most situations, you do not need a confirmatory PCR test if your RAT result is positive. Public health recommends confirmatory PCR only for a few situations. For more information, visit gov.mb.ca/covid19/testing/testing-eligibility.html.
- Please see the COVID-19 fact sheet(s) for further information: <https://manitoba.ca/covid19/updates/resources.html#factsheets>
- If you test negative, you can stop isolating when you no longer have a fever and your symptoms have been improving for 24 hours. If you have been advised to self-isolate (quarantine), you are still required to complete your self-isolation (quarantine) period.
- Close contacts, such as household members, should self-monitor for symptoms and are not routinely required to self-isolate (quarantine), except where advised by public health in high risk situations, such as outbreaks, or in health care facilities. If you live in a First Nation community, check with your community for further guidance.
- **Even if you only have one symptom, but you have a household member who has tested positive**

for COVID-19 in the last 14 days, you should assume you have COVID-19 and should follow the guidance for isolation of COVID-19 cases.

- The symptomatic individual should stay in their own room and, if possible, use their own bathroom and not use common areas.
- All household contacts need to be very cautious while a case or symptomatic individual is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Household contacts should self-monitor for symptoms of COVID-19 for 14 days following any exposure, isolate immediately if any develop and check the online [COVID-19 Screening Tool](#) to determine if testing is recommended for them.
- Health care workers who have a case or an individual with COVID-19 symptoms in the household should check for any return to work requirements put in place by occupational health or designate.
- **If your symptoms do not change after 24 hours and you do not develop additional symptoms of COVID-19 as listed in this screening tool, and you have not tested positive, stay home until your symptoms have resolved for 24 hours or until your symptoms have been explained by an alternate diagnosis.**
- Please call us back if you develop any more severe symptoms such as fever, cough or breathing difficulties, or if you have any questions.
- **Do Not FAX Public Health**

A5. If asymptomatic with no travel or exposure history:

- **Based on your responses YOU do not need to be tested for COVID-19 at this time.**
- People who do not have symptoms of COVID-19 are not routinely tested.
- If you develop symptoms, **treatment** for COVID-19 is available for people at higher risk of severe disease, including those who have been vaccinated, but is only effective in the very early phases of infection. Early testing after symptoms start is important. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call your health care provider or Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.
- **Testing** for COVID-19 is recommended for symptomatic people when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings. Please see <https://www.gov.mb.ca/covid19/testing/testing-eligibility.html> for more information on testing eligibility.
- If you develop symptoms, are not eligible for PCR testing, but have access to rapid antigen tests you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. It is recommended you take a second test 24 hours after your first, and if available, a third test 24 hours later. For more information on rapid antigen test and how to use them, see: <https://www.gov.mb.ca/covid19/testing/rat.html>
- Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate.
- For most situations, confirmatory PCR test is not needed if the RAT result is positive. Public health recommends confirmatory PCR only for a few situations. For more information, visit [gov.mb.ca/covid19/testing/testing-eligibility.html](https://www.gov.mb.ca/covid19/testing/testing-eligibility.html).
- **If you develop symptoms and are not tested, you should isolate and follow guidance for COVID-19 cases.**
- Please see the COVID-19 fact sheet(s) for further information on isolation. [manitoba.ca/covid19/factsheets](https://www.manitoba.ca/covid19/factsheets).
- If you develop symptoms of COVID-19, call back to be re-screened or go to the MB gov't website and complete the self-screening tool.
- **DO NOT Fax Public Health**