

Self-isolation (Quarantine) for Asymptomatic Returning Travellers and Contacts of Cases

COVID-19 can spread without individuals having any symptoms, and it only takes one person to infect many. For this reason, people who have travelled or been in close contact with cases, unless otherwise exempt, need to self-isolate (also referred to as quarantine) at home and get tested as directed by public health.

NOTE: In times of increased community transmission and case numbers, public health officials may implement stricter requirements to reduce the spread of the virus. These additional measures may apply regionally or provincially. The online COVID-19 Screening Tool (<https://sharedhealthmb.ca/covid19/screening-tool/>) will provide guidance and direction on any new requirements.

Who needs to self-isolate (quarantine) and for how long?

- **Travellers** – If you have returned from travel, you may have been exposed to COVID-19. International and domestic travellers entering Manitoba, unless otherwise exempt, must quarantine (self-isolate) for a minimum of 14 days upon arriving in Manitoba. Individuals who travelled internationally, must follow Federal testing and isolation/ quarantine (self-isolation) requirements. NOTE: Federal and provincial travel restrictions are subject to change; up-to-date information (including exemptions) is available at: www.canada.ca/en/publichealth/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html and www.manitoba.ca/covid19/soe.html, respectively.
- **Contact with a case of COVID-19** – If you have been exposed to COVID-19 through close contact (within two metres and for more than 10 minutes total over 24 hours) with a COVID-19 case, unless otherwise exempt, you must self-isolate (quarantine) for 10 days, after your last known contact with that person. You can stop self-isolating (quarantining) after 10 days as long as you have no symptoms. If you live in a household with more than one COVID-19 case, you should continue to self-isolate (quarantine) for 10 days, or until the last case in your household finishes their isolation, whichever is later. You are exempt from self-isolation (quarantine) if you have no symptoms AND you are fully immunized at the time of the exposure or have had a COVID-19 infection within the past six months. If you develop symptoms at any time during your self-isolation (quarantine) period you should get tested, regardless of your immunization status. In general, testing is not recommended for close contacts who have no symptoms. However, for household close contacts who are exempt from self-isolation (quarantine), rapid antigen tests are available at test sites and recommended to be used as directed, since household contact has the highest risk of transmission. More information on rapid antigen tests is available at: <https://www.gov.mb.ca/covid19/testing/rat.html>
 - All close contacts who are exempt from self-isolation, particularly household close 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 still self-monitor for symptoms of COVID-19 for 14 days following any exposure, and isolate immediately if any develop and get tested.
- **Contact with a household member who is self-isolating (quarantining) due to travel or is identified as a close contact** – As long as the close contact/ traveller in the household remains without symptoms, household members without symptoms do not need to self-isolate (quarantine). It is recommended that household members wear a mask and physically distance when possible outside of the household in these circumstances, and avoid leaving home for non-essential reasons until the close contact/ traveller has finished their self-isolation (quarantine). If the close contact/ traveller develops symptoms of COVID-19, all household members, unless otherwise exempt,

should also self-isolate (quarantine) until the symptomatic close contact/ traveller receives their test result. If the symptomatic individual is not tested, they should assume they have COVID-19 and follow guidance for cases and all household members, unless otherwise exempt, should self-isolate (quarantine) for 10 days.

What does self-isolation (quarantine) mean?

When someone is feeling well, but has possibly been exposed to COVID-19, public health officials use the term “quarantine” to describe the practice of self-isolation. Self-isolation (quarantine) requires staying at home and avoiding contact with other people (including household members who have not had potential COVID-19 exposure) to prevent spreading the disease to others in your home and your community. This means confining your activities to your home and outdoor property. If you live in a condo or multi-dwelling complex, you must stay in your suite. You may use your private balcony as long as it is two metres (six feet) away from your neighbour’s balcony. Until you are finished your self-isolation (quarantine) period, do not leave home to go to work, school or other public places (e.g. curbside pickup from stores, restaurants, places of worship, etc.), unless you require emergency or urgent medical care.

If you have travelled as a family, or if all members of your household have been in contact with someone with COVID-19, you can self-isolate (quarantine) together without restrictions within the home. If you are the only family member who has travelled, or the only one in contact with a person with COVID-19, you need to self-isolate (quarantine) from the rest of your household. This means staying in your own room or on a separate floor, and avoiding contact with other members of your household. If possible, use a separate bathroom. If sharing a bathroom, it should be cleaned and disinfected frequently. If you need to leave your room or floor, wear a medical mask and stay at least two metres (six feet) from other members of your household. You should also avoid contact with pets that live in your home. You must not have any visitors in your home during this time. If you live alone, arrange to have groceries and supplies dropped off at your door to minimize contact with others. Cancel or notify any service providers who regularly come into your home and let them know you are self-isolating (quarantining). This includes Home Care, occupational therapists, physiotherapists, social workers, etc. They will let you know how best to provide care during this time.

Will Manitoba public health officials follow up with me?

In most situations, public health officials will no longer be notifying close contacts. Confirmed cases will be asked to notify their close contacts and provide them links to self-isolation (quarantine) information.

In settings such as personal care homes, shelters and health care facilities, public health officials will work with officials in these settings to notify close contacts.

How do I self-monitor my symptoms?

Anyone who is self-isolating (quarantining) should monitor their health for new or more severe symptoms. This means:

- Identifying any new symptoms, including fever, cough, headache, runny nose, sore throat, shortness of breath or breathing difficulties. For a full list of symptoms, visit: www.manitoba.ca/covid19/about/index.html.
 - Taking your temperature twice a day (morning and night), using an oral digital thermometer (placed in the mouth). It is important to get an accurate temperature reading. Do not eat, drink, smoke or chew gum for 30 minutes prior to taking your temperature. Wait at least four hours after you have taken acetaminophen (Tylenol®) or Ibuprofen (Advil®).
 - Using the [Temperature Self-Monitoring Form](#) to record your temperature, and any other symptoms you may experience during the 10 day self-isolation (quarantine).
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What should I do if I develop symptoms?

If you develop a new onset, or worsening, of any symptom listed in the online screening tool, even if mild, isolate yourself from others immediately. Testing may be recommended. Use the online screening tool (<https://sharedhealthmb.ca/covid19/screening-tool/>) or call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for information on whether you should get tested, where to go for testing and/or to be assessed.

If at any time you develop severe symptoms (e.g., difficulty breathing, shortness of breath), call 911 or seek medical attention at urgent care or an emergency department.

Treatment for COVID-19 is available for people at higher risk of severe disease. If you have symptoms, it is important to get tested early as the treatment is only effective in the very early phases of infection. Please visit <https://manitoba.ca/covid19/treatment/index.html> or call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information, and to find out if you are eligible.

I have been tested for COVID-19. Where can I find out my test results?

Results can be accessed securely online at <https://sharedhealthmb.ca/covid19/test-results/>. If your test results come back positive for COVID-19 public health officials will also contact you directly. Follow the advice in the Isolation for Individuals with Symptoms and/or Waiting for COVID-19 Test Results fact sheet at https://manitoba.ca/asset_library/en/covid/factsheet-isolation-selfmonitoring-recoveringhome.pdf

Timelines for COVID-19 test results may vary due to current testing volumes and the location where you were tested. It may take several days for COVID-19 test results to become available. You must continue to self-isolate (quarantine)/isolate until you receive your test results.

If you do not have a Manitoba Health Family Registration Card, are not a resident of Manitoba, or you are unable to access your test results, you can contact the COVID Line at Health Links – Info Santé at 204-788-8200 or toll free at 1-888-315-9257.

While waiting for your testing results you should use the **Contact Tracing Resource Tool** (https://manitoba.ca/asset_library/en/covid/covid-contact-tracing-tool.pdf) to identify your close contacts. This will help you in the event you test positive and need to notify close contacts.

What can I do to stop the spread of COVID-19 to others in my home?

Even though you do not have symptoms now, you may develop symptoms within your self-isolation (quarantine) period and spread it to other people before you know you are ill. Some people never develop symptoms, and can still spread it to other people, including household members. This is why you are advised to avoid contact with other people (including household members who have not had potential exposure to COVID-19), while you are self-isolating (quarantining) at home. Public Health officials may also provide additional direction for self-isolation (quarantine) depending on your specific situation. You should also:

Clean your hands regularly

Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer that contains at least 60 per cent alcohol:

- Before and after preparing food (avoid preparing food for others)
 - Before eating
 - After using the toilet
 - After touching shared household items (e.g., dishes, towels, etc.)
 - Before and after using a face mask
 - After disposing of waste (e.g. a tissue) or handling contaminated laundry and whenever hands look dirty
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Cover your coughs and sneezes

- Cough or sneeze into your sleeve or a tissue.
- Throw used tissues in the garbage and immediately wash your hands, or use an alcohol-based hand sanitizer.

Avoid sharing household and personal items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items.
- Do not share cigarettes or other items that are put in the mouth

Keep your environment clean

- Clean and disinfect high touch areas (toilets, taps, light switches, doorknobs, TVs, phones, electronics and TV remotes) at least twice daily, or as needed.
- Use store bought disinfectant. If not available use a diluted bleach solution (20 ml [four teaspoons] bleach for every litre of water) and allow the surface to remain wet for one minute before scrubbing.
- Use hot water when operating the dishwasher or washing machine.

Make sure your home has good airflow

- Open the window, as the weather allows.

For more information about COVID-19:

Call:

- Health Links – Info Santé at **204-788-8200** or **1-888-315-9257** Or visit:
 - Caring for Someone with COVID-19 in the home – www.manitoba.ca/covid19/resources/index.html#factsheets
 - Manitoba government's COVID-19 website – www.manitoba.ca/covid19/
 - Government of Canada's COVID-19 website – [www.canada.ca/en/public-health/ services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)
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