

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>

NOTE: For ease in reference, new information and content changes are highlighted.

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 been in close contact in the last 14 days with someone that is confirmed to have COVID-19?	Yes	No
2.	Have you had laboratory exposure while working directly with specimens known to contain COVID-19?	Yes	No
3.	Have you been exposed to COVID-19 in a work or public setting in the last 14 days? (e.g. a setting that has been identified by public health as a risk for acquiring COVID-19, such as on a flight, at a workplace or in a community with a cluster of cases, or at an event?)	Yes	No

4.	Have you received a notification from the COVID Alert app that you may have been exposed to COVID-19?	Yes	No
5.	Have you travelled outside of Manitoba in the last 14 days?	Yes	No
6.	A. In the last 14 days has anyone living in your household travelled outside of Manitoba?	Yes	No
	If NO, continue to question 7		
	B. If YES to 6A, is your household traveler exempt from requirements to self-isolate (quarantine)? Exemptions are posted on https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travelhealth-advice.html#ua and https://www.gov.mb.ca/covid19/soe.html	Yes	No
	Regardless of answer to 6B, continue to 6C.		
	C. Have you been in close contact (i.e. being less than 2 meters away in the same space for over 10 minutes) with the household traveler in the last 14 days since their return from travel?	Yes	No
7.	If symptomatic: Do you or the person you are inquiring about have a chronic health condition that you are concerned about?	Yes	No
8.	If asymptomatic: Is a member of your household sick with COVID-19 symptoms, and they are not known to be exposed to COVID-19?	Yes	No
9.	If asymptomatic: Has a member of your household been identified as a close-contact and instructed to self-isolate by public health officials?	Yes	No
10.	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, skin rash of unknown cause, nausea or loss of appetite, or poor feeding if an infant?	Yes	No
11.	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 been in close contact in the last 14 days with someone that is confirmed to have COVID-19?

- If HCW, refer to occupational health
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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>).

- **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.
- Confirm contact:
 - Consider all household members of a case to be close contacts, unless exceptional circumstances exist that eliminate contact within the case's period of communicability.
 - Have you had close prolonged contact (over 10 minutes of cumulative exposure within 2 metres, unless PPE used (does not include non-medical masks)) with a case while they were infectious?
 - Have you had direct physical contact with the case (e.g. hugging, kissing) or contact with infectious secretions (e.g. being coughed or sneezed on, sharing food or drinks, cigarettes, etc.).
 - Note: cases are considered infectious 2 days before symptom onset. For asymptomatic cases, they are considered infectious for 2 days prior to the positive test collection date.
- **Self isolate (quarantine)** for 14 days after the last exposure to the case. If your COVID-19 test results are negative, you are required to self-isolate (quarantine) for the remainder of the 14-day period, AND you should stay home until your symptoms have resolved for 24 hours. This means that you may need to self-isolate (quarantine) for longer than 14 days.
- All contacts should also be tested at 10 days after the last exposure to the case if your earlier test is negative (if tested prior to 7 days post exposure, repeat testing is recommended).
- If you are not tested, you must **isolate at home**. 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:
 - at least 10 days have passed since your symptoms began; **AND**
 - at least 24 hours have passed since your symptoms resolved; **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 self-isolating, or if you are still experiencing symptoms after your isolation period has ended.
- **If the case isolates in the home:**
 - **If the case is unable to isolate from household contacts:** All household close contacts must also self-isolate (quarantine) for the same duration as the case (minimum 10 days), and must self-isolate (quarantine) for a further 14 days to ensure the virus was not transmitted in the final days of the case's isolation (minimum 24 days). The close contact must be asymptomatic, but is not required to be tested to remove from extended self-isolation (quarantine) (i.e. at day 24). If subsequent cases

- are identified in the household, this may result in a longer self-isolation (quarantine) period than 24 days for household close contacts.
- **If the case is able to isolate from household contacts** (e.g. separate living space and washroom and no shared spaces or close contact with other household members): All household close contacts must self-isolate (quarantine) for 14 days following the last exposure to the case, and must be tested at day 10 (earlier testing at day 7 or later is acceptable). The contact must be asymptomatic and have a negative test to remove from isolation at day 14.
If not tested, self-isolation (quarantine) for contacts is extended until 14 days after the case finished their isolation to ensure transmission in the household has not occurred. If subsequent cases are identified in the household, this may result in a longer quarantine period for household close contacts.
 - **If the case does not isolate in the home:**
 - All close contacts must self-isolate (quarantine) for 14 days from the last exposure to the case. Testing is recommended at day 10 (earlier testing at day 7 or later is acceptable). The contact must be asymptomatic, but is not required to be tested to remove from isolation at day 14.
 - All household members should also self-isolate (quarantine) until the close contact has received a negative test result collected 10 days (if tested prior to 7 days post exposure, repeat testing is recommended) after the last exposure. If the close contact is not tested, all household members should self-isolate until the close contact in the household completes their self-isolation period.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact if they are fully immunized (2 doses) for COVID-19 at the time of exposure or have had a COVID-19 infection in the past 3 months.
 - The exemption from self-isolation (quarantine) for household members of the close contact who are essential workers required to wear PPE at work does not apply when the close contact is symptomatic.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
 - If the case is diagnosed with a variant of concern, the requirements for self-isolation (quarantine) are not changed for contacts. All contacts are strongly encouraged to be tested 10 days after the last exposure.
 - When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
 - Refer to community testing site or ED.
 - We will be letting Public Health know that you are going for testing.
 - Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

Fax Public Health

S2. If symptomatic and yes to #2. Have you had laboratory exposure while working directly with specimens known to contain COVID-19?

- If HCW, refer to occupational health
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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>)
- 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.
- **Self isolate (quarantine)** for 14 days. If your COVID-19 test results are negative, you are required to self-isolate (quarantine) for the remainder of the 14-day period, AND you should stay home until your symptoms have resolved for 24 hours. This means that you may need to isolate for longer than 14 days.
- All exposed individuals should also be tested 10 days after the exposure if your earlier test is negative (if tested prior to 7 days post exposure, repeat testing is recommended). If you are not tested, you must **isolate at home**. 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:
 - at least 10 days have passed since your symptoms began; **AND**
 - at least 24 hours have passed since your symptoms resolved; **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 self-isolating, or if you are still experiencing symptoms after your isolation period has ended.
- All household members should also self-isolate (quarantine) until the exposed person has received a negative test result collected 10 days after the last exposure (if tested prior to 7 days post-exposure, repeat testing is recommended). If the exposed person is not tested, all household members should self-isolate until the exposed person completes their 14 day self-isolation period. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom, and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact/exposed person if they are fully immunized (2 doses)

for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.

- The exemption from self-isolation (quarantine) for household members of the close contact/exposed person who are essential workers required to wear PPE at work does not apply when the exposed person in the household is symptomatic.
- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
- Refer to community testing site, or ED
- We will be letting Public Health know that you are going for testing.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

Fax Public Health

S3. If symptomatic and yes to #3. Have you been exposed to COVID-19 in a work or public setting in the last 14 days? (e.g. a setting that has been identified by public health as a risk for acquiring COVID-19, such as on a flight, at a workplace or community with a cluster of cases, or at an event.)

- If HCW, refer to occupational health
- Confirm setting and notice – how were they notified? May require confirmation from Public Health. Refer to these websites for more information:
<https://www.gov.mb.ca/covid19/flights.html>
<https://www.canada.ca/en/public-health/services/diseases/2019-novelcoronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-shipsmass-gatherings.html>
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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>).
- **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.
- **Follow the advice of public health to either self-isolate (quarantine) or self-monitor** for 14 days from the date you were last exposed, regardless of your test results. If your COVID-19 test results are negative, you are required to self-isolate (quarantine)

for the remainder of the 14-day period (if advised to self-isolate), AND you should stay home until your symptoms have resolved for 24 hours. This means that you may need to isolate for longer than 14 days.

- If you are not tested, you must **isolate at home**. The length of your isolation period will depend on whether you were advised to self-isolate for 14 days; when your symptoms began, and when they resolve. You will be able to end your isolation period when:
 - at least 10 days have passed since your symptoms began; **AND**
 - at least 24 hours have passed since your symptoms resolved; **AND**
 - at least 14 days have passed since the original 14-day self-isolation (quarantine) period began, if self-isolation was recommended.
- This means you may need to **isolate** longer than 14 days if your symptoms started after you began self-isolating, or if you are still experiencing symptoms after your isolation period has ended.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact/exposed person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - The exemption from self-isolation (quarantine) for household members of the close contact/exposed person who are essential workers required to wear PPE at work does not apply when the exposed person in the household is symptomatic.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
- Refer to community testing site, or ED
- We will be letting Public Health know that you are going for testing.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

Fax Public Health

S4. If symptomatic and you have received a notification from the COVID Alert app that you may have been exposed to COVID-19?

- If HCW, refer to occupational health

- **Requires further medical assessment and testing**
- **TESTING IS RECOMMENDED.** 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>).
- **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.
- **You should isolate** until you get your test results. If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. When your symptoms have resolved, you should continue to self-monitor for new symptoms of COVID-19 for 14 days after your exposure notification, but you can resume your regular activities.
- If you test positive, you will get a call from public health with further instructions.
- If you are not tested, you must **isolate** at home for 10 days from symptom onset AND until your symptoms have resolved for 24 hours. This means you may need to **isolate** longer if your symptoms have not resolved for 24 hours after the 10 day period.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact/exposed person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - The exemption from self-isolation (quarantine) for household members of the close contact/exposed person who are essential workers required to wear PPE at work does not apply when the exposed person in the household is symptomatic.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing
- Refer to community testing site, or ED
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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S5. If symptomatic and yes to #5. Have you travelled outside of Manitoba in the last 14 days?

- If HCW, refer to occupational health
- Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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.
- **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.
- **Self isolate (quarantine) for 14 days.** If your COVID-19 test results are negative, you are required to self-isolate (quarantine) for the remainder of the 14-day period, AND you should stay home until your symptoms have resolved for 24 hours. This means that you may need to isolate for longer than 14 days.
- If you are not tested, you must **isolate at home**. 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:
 - at least 10 days have passed since your symptoms began; **AND**
 - at least 24 hours have passed since your symptoms resolved; **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 self-isolating, or if you are still experiencing symptoms after your isolation period has ended.
- Travellers are recommended to be tested on arrival in Manitoba, and again at 10 days after arrival (if tested prior to 7 days after arrival, repeat testing is recommended) in Manitoba if asymptomatic, but should also be tested when symptoms develop.
- If you live with household members, they should also self-isolate (quarantine) until your test result is received, and the traveler's quarantine is complete. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the traveler if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.

- The exemption from self-isolation (quarantine) for household members of the traveler who are essential workers required to wear PPE at work does not apply when the traveler in the household is symptomatic.
- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
- Refer to community testing site, or ED
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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S6 (1). If symptomatic and yes to 6A, but NO to 6C - Household traveller who may or may not be exempt from quarantine, but no close contact.

- If HCW, refer to occupational health
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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>).
- **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.
- All travelers, except those excluded from current public health self-isolation (quarantine) orders, are required to self-isolate (quarantine) and self-monitor for symptoms for 14 days after their arrival in Manitoba, and should not come in contact with others who have not had the same travel exposure. If you have not been in close contact with a traveler in your household who is required to self-isolate (quarantine), you are not required to self-isolate (quarantine).
- Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
- Since you have symptoms, you are required to **isolate** for 10 days from symptom onset. If your COVID-19 test results are negative, you should continue to **isolate** at home until your symptoms have resolved for 24 hours.

- If you have been in contact with someone who has travelled outside of Manitoba, in the last fourteen days, please indicate that at the time of testing.
- If you are not tested, you must **isolate** at home for 10 days from symptom onset AND until your symptoms have resolved for 24 hours. This means you may need to **isolate** longer if your symptoms have not resolved after the 10 day period.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the traveler if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - The exemption from self-isolation (quarantine) for household members of the traveler who are essential workers required to wear PPE at work does not apply when an exposed person in the household is symptomatic.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
- Refer to community testing site, or ED
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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S6 (2). If symptomatic and yes to both 6A and 6C - Close contact (i.e. being less than 2 meters away in the same space for more than 10 minutes, cumulative within 24 hours) with the household traveler in the last 14 days since their return from travel.

- If HCW, refer to occupational health
- **Requires testing**
- **TESTING IS RECOMMENDED.** 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>).
- If you have been in contact with someone who has travelled outside of Manitoba, in the last fourteen days, please indicate that at the time of testing.

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 the traveler is not exempt from quarantine, you must self isolate (quarantine)** until the traveler has completed their 14 day self-isolation (quarantine) period and remains asymptomatic. If your COVID-19 test results are negative, you are required to self-isolate for the remainder of the traveler's self-isolation (quarantine) period, and you should stay home until your symptoms have resolved for 24 hours.
 - Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
 - If you are not tested, you must **isolate at home**. The length of your isolation period will depend on when the 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:
 - at least 10 days have passed since your symptoms began; **AND**
 - at least 24 hours have passed since your symptoms resolved; **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 self-isolating, or if you are still experiencing symptoms after your isolation period has ended.
- **If the traveler is exempt from quarantine, you must isolate.** If your COVID-19 test results are negative, you should continue to **isolate** at home until your symptoms have resolved for 24 hours. Household contacts of individuals who are exempt from self-isolation (quarantine) orders should also self-monitor for symptoms for 14 days following the individual's return to Manitoba and immediately isolate should they develop symptoms.
 - If you are not tested, you must **isolate** at home for 10 days from symptom onset **AND** until your symptoms have resolved for 24 hours. This means you may need to **isolate** longer if your symptoms have not resolved after **the 10 day period**.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the traveler if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - The exemption from self-isolation (quarantine) for household members of the traveler who are essential workers required to wear PPE at work does not apply when an exposed person in the household is symptomatic.

- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- When you go for testing, wear a mask and present to reception to let them know you are there for COVID-19 testing.
- Refer to community testing site, or ED
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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S7. If symptomatic and yes to #7. Do you or the person you are inquiring about have a chronic health condition that you are concerned about?

- **Assess severity of symptoms:** If caller experiencing shortness of breath or other symptoms outside the screening, needs assessment.
- **Requires further medical assessment and testing**
- **TESTING IS RECOMMENDED.** 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>).
- **Isolate** for 10 days from symptom onset. If you are not tested, you must isolate at home for 10 days from symptom onset AND until your symptoms have resolved for 24 hours. This means you may need to **isolate** longer if your symptoms have not resolved after the 10 day period.
- If your COVID-19 test results are negative, you should continue to isolate at home until your symptoms have resolved for 24 hours.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the symptomatic person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions from self-isolation (quarantine) for household members of the symptomatic person who are essential workers required to wear PPE at work are also allowed when a person in the household is symptomatic but not exposed to COVID-19 or positive for COVID-19 if:

- They self-isolate (quarantine) when not at work, AND
- The symptomatic person can self-isolate (quarantine) from the essential worker in the household.
- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- **Assess whether their chronic condition may put them at high risk for severe disease from COVID-19 and how to monitor for symptoms that worsen. With chronic conditions, it is especially important to monitor for symptoms that are worsening and seek care early.**
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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S11. If symptomatic with no travel or exposure history:

- If HCW, refer to occupational health
- **Requires further medical assessment and testing**
- **TESTING IS RECOMMENDED** 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.
- **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.
- **Isolate** for 10 days from symptom onset. If your COVID-19 test results are negative, you should continue to isolate at home until your symptoms have resolved for 24 hours.
- If you are not tested, you must isolate at home for 10 days from symptom onset AND until your symptoms have resolved for 24 hours. This means you may need to **isolate** longer if your symptoms have not resolved for 24 hours after the 10 day period.
- Household members without symptoms should also self-isolate (quarantine) until your test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the symptomatic person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions from self-isolation (quarantine) for household members of the symptomatic person who are essential workers required to wear PPE at work are

also allowed when a person in the household is symptomatic but not exposed to COVID-19 or positive for COVID-19 if:

- They self-isolate (quarantine) when not at work, AND
- The symptomatic person can self-isolate (quarantine) from the essential worker in the household.
- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- If symptoms worsen call Health Links – Info Santé. If you develop shortness of breath, go to your nearest Emergency Room or call 911.
- When you go for assessment, put on a mask and wash your hands as soon as you see these materials. Then go to the reception desk/triage and let them know you are there for COVID-19 testing.
- Cover your cough in your arm, wash hands frequently, throw out used tissues, clean surface areas frequently with disinfectant 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.

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ASYMPTOMATIC PATH (A):

A1. If asymptomatic and yes to #1. Have you been in contact in the last 14 days with someone that is confirmed to have COVID-19?

- If HCW, refer to occupational health
- Confirm contact:
 - Consider all household members of the case to be close contacts, unless exceptional circumstances exist that eliminate contact within the case's period of communicability.
 - Have you had close prolonged contact (over 10 minutes of cumulative exposure within 2 metres, unless PPE used (does not include non-medical masks)) with a case while they were infectious?
 - Have you had direct physical contact with the case (e.g. hugging, kissing) or contact with infectious secretions (e.g. being coughed or sneezed on, sharing food, cigarettes).
 - Note: cases are considered infectious 2 days before symptom onset. For asymptomatic cases, they are considered infectious for 2 days prior to the positive test collection date.
- Confirm immunization status:

- **Individuals who have received a full series of immunization**, and more than 2 weeks have elapsed since the last dose in the series, are not required to self-isolate (quarantine) if:
 - They are asymptomatic, **and**
 - **do not have a medical condition that would compromise vaccine effectiveness.**
- Fully immunized individuals (see above) should self-monitor for symptoms of COVID-19 for 14 days following their last known exposure to a case. If symptoms develop at anytime, they should isolate and be tested.
- Confirm if previously infected: If the individual is asymptomatic and it was less than three months since they were determined to be a confirmed or probable case, they do not need to self-isolate (quarantine), but should self-monitor for symptoms. Should they develop symptoms of COVID-19, the individual must isolate and should go for COVID-19 testing. If it has been more than 3 months since their infection, they should self-isolate and follow all recommendations for close contacts.
- All asymptomatic close contacts, **unless fully immunized or recently infected**, should be tested, using traditional lab based PCR test methodology, at 10 days after their last known contact. If tested prior to 7 days post exposure, repeat testing is recommended. Contacts must complete the full self-isolation (quarantine) period regardless of test results.
- **Self-isolate (quarantine)** for 14 days following this contact and monitor for any signs of cold or flu, such as fever, cough, breathing difficulties, etc.
- **If the case isolates in the home:**
 - **If the case is unable to isolate from household contacts:** All household close contacts must also self-isolate (quarantine) for the same duration as the case (minimum 10 days), and must self-isolate (quarantine) for a further 14 days to ensure the virus was not transmitted in the final days of the case's isolation (minimum 24 days). The close contact must be asymptomatic, but is not required to be tested to remove from self-isolation (quarantine) (i.e. at day 24). If subsequent cases are identified in the household, this may result in a longer self-isolation (quarantine) period than 24 days for household close contacts.
 - **If the case is able to isolate from household contacts** (e.g. separate living space and washroom and no shared spaces or close contact with other household members): All household close contacts must self-isolate (quarantine) for 14 days following the last exposure to the case, and must be tested at day 10 (earlier testing at day 7 or later is acceptable). The contact must be asymptomatic and have a negative test to remove from isolation at day 14.
If not tested, self-isolation (quarantine) for contacts is extended until 14 days after the case finished their isolation to ensure transmission in the household has not occurred. If subsequent cases are identified in the household, this may result in a longer quarantine period for household close contacts.
- **If the case does not isolate in the home:**
 - All close contacts must self-isolate (quarantine) for 14 days from the last exposure to the case. Testing is recommended at day 10 (earlier testing at day 7 or later is

- acceptable). The contact must be asymptomatic, but is not required to be tested to remove from isolation at day 14.
- All household members should also self-isolate (quarantine) until the close contact has received a negative test result collected 10 days (if tested prior to 7 days post exposure, repeat testing is recommended) after the last exposure. If the close contact is not tested, all household members should self-isolate until the contact in the household completes their 14 day self-isolation period.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact if they **have received a full series of immunization**, and more than 2 weeks have elapsed since the last dose in the series at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions are also allowed for household members of the close contact who are essential workers required to wear PPE at work if:
 - everyone in the household is asymptomatic, including the close contact, AND
 - they self-isolate (quarantine) when not at work, AND
 - the close contact can self-isolate (quarantine) from the essential worker in the household.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
 - Stay at least 6 feet, or 2 metres away from others, including other people in your household. We will be letting Public Health know that you have had close contact with a confirmed case. They may advise you to go for testing.
 - If the case is diagnosed with a variant of concern, the requirements for self-isolation (quarantine) are not changed for contacts. All contacts are strongly encouraged to be tested 10 days after the last exposure.
 - If you have a medical appointment, please phone to notify that you are self-isolating in order for them to advise you on how to proceed.
 - 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.
 - For further COVID-19 information, please visit the Province of Manitoba website.

FAX Public Health

A2. If asymptomatic and yes to #2. Have you had laboratory exposure while working directly with specimens known to contain COVID-19?

- If HCW, refer to occupational health
- **Self-isolate (quarantine) yourself** for 14 days following this exposure and monitor for any signs of cold or flu, such as fever, cough, breathing difficulties, etc.
- Stay at least 6 feet, or 2 metres away from others, including other people in your household.
- Confirm immunization status:
 - **Individuals who have received a full series of immunization**, and more than 2 weeks have elapsed since the last dose in the series, are not required to self-isolate (quarantine) if:

- they are asymptomatic, and
- do not have a medical condition that would compromise vaccine effectiveness.
- Fully immunized individuals (see above) should self-monitor for symptoms of COVID-19 for 14 days following their last known exposure to a case. If symptoms develop at anytime, they should isolate and be tested.
- Confirm if previously infected: If the individual is asymptomatic and it was less than three months since they were determined to be a confirmed or probable case, they do not need to self-isolate (quarantine), but should self-monitor for symptoms. Should they develop symptoms of COVID-19, the individual must isolate and should go for COVID-19 testing. If it has been more than 3 months since their infection, they should self-isolate and follow all recommendations for close contacts.
- All asymptomatic close contacts, unless fully immunized or recently infected, should be tested, using traditional lab based PCR test methodology, 10 days after their last known exposure (if tested prior to 7 days post exposure, repeat testing is recommended). Contacts must complete the full self-isolation (quarantine) period regardless of test results.
- All your household members should also self-isolate (quarantine) until the exposed person has received a negative test result collected 10 days after the last exposure (if tested prior to 7 days post exposure, repeat testing is recommended). If the exposed person is not tested, all household members should self-isolate until the exposed person completes their 14 day self-isolation period. The exposed person should stay in their own room and, if possible, use their own bathroom, and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact/exposed person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions are also allowed for household members of the close contact/exposed person who are essential workers required to wear PPE at work if:
 - everyone in the household is asymptomatic, including the exposed person, AND
 - they self-isolate (quarantine) when not at work, AND
 - the close contact/exposed person can self-isolate (quarantine) from the essential worker in the household.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- We will be **letting Public Health know** that you have had laboratory exposure to a confirmed case.
- If you have a medical appointment, please phone to notify that you are self-isolating in order for them to advise you on how to proceed.
- 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.
- For further COVID-19 information, please visit the Province of Manitoba website.

FAX Public Health

A3. If asymptomatic and yes to #3. Have you been exposed to COVID-19 in a work or public setting in the last 14 days? (e.g. a setting that has been identified by public health as a risk for acquiring COVID-19, such as on a flight, at a workplace or community with a cluster of cases, or at an event?)

- If HCW, refer to occupational health
- Confirm setting and notice – how were they notified? May require confirmation from Public Health. Refer to these websites for more information.
 - <https://www.gov.mb.ca/covid19/flights.html>
 - <https://www.canada.ca/en/public-health/services/diseases/2019-novelcoronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-shipsmass-gatherings.html>
 - Based on your responses you do not need to be tested for COVID-19 at this time.
- Public health will provide advice on whether asymptomatic testing, **self-isolation (quarantine)** or self-monitoring is required to the group.
 - At minimum **self-monitor** for symptoms for 14 days after the event and monitor for any signs of cold or flu, such as fever, cough, breathing difficulties, etc.
 - There may also be a recommendation based on exposure risk to self-isolate (quarantine) for 14 days following this contact.
 - Individuals who have received a full series of immunization, more than 2 weeks have elapsed since the last dose in the series, and they do not have a medical condition that would compromise vaccine effectiveness, are not required to self-isolate (quarantine) if they are asymptomatic. If symptoms develop at anytime, they should isolate and be tested.
 - If it was less than three months since they were determined to be a confirmed or probable case, they do not need to self-isolate (quarantine), but should self-monitor for symptoms. Should they develop symptoms of COVID-19, the individual must isolate and should go for COVID-19 testing. If it has been more than 3 months since their infection, they should self-isolate and follow public health recommendations.
 - Testing may be recommended 10 days from the exposure if you remain asymptomatic
- Stay at least 6 feet, or 2 metres away from others, including other people in your household.
- If you have a medical appointment, please phone to notify if you are self-isolating or potentially exposed in order for them to advise you on how to proceed.
- If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), 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](https://www.gov.mb.ca/covid19/locations.html).
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT FAX Public Health

A4. If asymptomatic and yes to #4- Have you received a notification from the COVID Alert app that you may have been exposed to COVID-19?

- If HCW, refer to occupational health
- **Requires further medical assessment and testing**
- **Confirm immunization status:**
 - Individuals who have received a full series of immunization, and more than 2 weeks have elapsed since the last dose in the series, are not required to be tested or self-isolate if:
 - they are asymptomatic, and
 - They do not have a medical condition that would compromise vaccine effectiveness.
 - They should self-monitor for symptoms, and isolate and get tested if symptoms develop.
- **Confirm if previously infected:** If the individual is asymptomatic and it was less than three months since they were determined to be a confirmed or probable case, they do not need to be tested or self-isolate, but should self-monitor for symptoms. Should they develop symptoms of COVID-19, the individual must isolate and should go for COVID-19 testing. If it has been more than 3 months since their infection, they should follow all the below recommendations.
- **TESTING IS RECOMMENDED if not fully immunized or recently infected.** 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.
- **You should self-isolate (quarantine)** until you get your test results. If your COVID-19 test results are negative, you should continue to self-monitor for symptoms of COVID-19 for 14 days from your exposure notification, but you can **resume your regular activities**.
- **You should self-isolate from your household members until you get your test results. Household members without symptoms should also self-isolate (quarantine) until your test result is received.**
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact/exposed person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions are also allowed for household members of the close contact/exposed person who are essential workers required to wear PPE at work if:
 - everyone in the household is asymptomatic, including the exposed person, AND
 - they self-isolate (quarantine) when not at work, AND
 - the close contact/exposed person can self-isolate (quarantine) from the essential worker in the household.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- If you test positive, you will get a call from public health with further instructions.

- 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.
- If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), 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.
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT FAX Public Health

A5. If asymptomatic and yes to #5. Have you travelled outside of Manitoba in the last 14 days?

- If HCW, refer to occupational health
- Confirm travel in last 14 days. Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
- If you have travelled outside of Manitoba in the last fourteen days **and are not exempt from self-isolation (quarantine):**
 - You should be tested on arrival to Manitoba.
 - You should be tested again 10 days (if tested prior to 7 days after arrival, repeat testing is recommended) after arrival if you remain asymptomatic and if your previous test was negative
 - If you become symptomatic at any point during or after the self-isolation (quarantine) period, you should get tested.
 - You must self-isolate (quarantine) for 14 days after arrival regardless of negative test results.
 - Please indicate at the time of testing that you have travelled and share the location of your travel.
- **Self-isolate (quarantine)** for 14 days after returning to Manitoba (if not in the groups above who are excluded).
- 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 self-isolating in order for them to advise you on how to proceed.
- If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), 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.
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT Fax Public Health

A6 (1). If asymptomatic and yes to 6A but NO to 6C - Household traveller who may or may not be exempt from quarantine, but no close contact.

- Based on your responses you do not need to be tested for COVID-19 at this time.
- All travelers, except those excluded from current public health self-isolation (quarantine) orders, are required to self-isolate (quarantine) and self-monitor for symptoms for 14 days after their arrival in Manitoba, and should not come in contact with others who have not had the same travel exposure. If you have not been in close contact with a traveler in your household who is required to self-isolate (quarantine), you are not required to self-isolate.
- Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
- If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), immediately **isolate** yourself from others (including household members). 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 been in contact with someone who has travelled outside of Manitoba in the last fourteen days, please indicate that at the time of testing.
- Anyone who has symptoms of COVID-19 should **isolate** from the day the symptoms started until they no longer have a fever and the other symptoms are gone, with a minimum isolation period of 10 days. This means staying home and keeping away from others (including household members). If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. If you have travelled or been exposed to a case, you will need to continue your **self-isolation (quarantine)** period for the remainder of the 14-day period.
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT Fax Public Health

A6 (2). If asymptomatic and yes to both 6A and 6C- Close contact (i.e. being less than 2 meters away in the same space for more than 10 minutes, cumulative in 24 hours) with the household traveler in the last 14 days since their return from travel.

- Based on your responses you do not need to be tested for COVID-19 at this time.
- All travelers, except those excluded from current public health self-isolation (quarantine) orders, are required to self-isolate (quarantine) and self-monitor for symptoms for 14 days after their arrival in Manitoba, and should not come in contact with others who have not had the same travel exposure. If you have been in close contact with a traveler who is required to self-isolate (quarantine), you should also self-isolate (quarantine).

- Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the traveler if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
- Exemptions are also allowed for household members of the traveler who are essential workers required to wear PPE at work if:
 - everyone in the household is asymptomatic, including the traveler, AND
 - they self-isolate (quarantine) when not at work, AND
 - the traveler can self-isolate (quarantine) from the essential worker in the household.
- All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- Confirm travel in relation to current provincial (<https://manitoba.ca/covid19/protection/soe.html>) and federal (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/latest-travel-health-advice.html#ua>) travel restrictions and exemptions.
- You should limit your contact with others and self-monitor for signs and symptoms until the traveler has completed their 14 day self-isolation (quarantine) period and remains asymptomatic. Travelers are advised to be tested on arrival in Manitoba, and again at 10 days (if tested prior to 7 days after arrival, repeat testing is recommended) after arrival.
- Individuals and their household contacts who are exempt from quarantine or self-isolation orders should self-monitor for symptoms for 14 days following the individual's return to Manitoba and immediately isolate should they develop symptoms and get tested for COVID-19.
 - They should also follow all general public health measures (e.g., hand hygiene, cough etiquette, etc.) and avoid settings where physical distancing is not possible.
- If you develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), 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 been in contact with someone who has travelled outside of Manitoba in the last fourteen days, please indicate that at the time of testing.
- If the traveler develops symptoms, you should limit your contact with others and self isolate (quarantine) and self-monitor for symptoms for 14 days after your last contact with the traveler, or until the traveler has tested negative for COVID-19 and has finished their self-isolation (quarantine).
- Anyone who has symptoms of COVID-19 should **isolate** from the day the symptoms started until they no longer have a fever and the other symptoms are gone, with a minimum isolation period of 10 days. This means staying home and keeping away from others (including household members). If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. If you have travelled

or been exposed to a case, you will need to continue your **self-isolation (quarantine)** period for the remainder of the 14-day period.

- For medical appointments, please phone to notify if you are self-isolating in order for them to advise you on how to proceed.
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT Fax Public Health

A8. If asymptomatic and living with a sick household member who is not known to be exposed to COVID-19:

- Anyone who has symptoms of COVID-19 should **isolate** from the day the symptoms started until they no longer have a fever and the other symptoms are gone, with a minimum isolation period of 10 days. This means staying home and keeping away from others (including household members).
- You should limit your contact with the sick individual and self-monitor for symptoms for 14 days after your last close contact with them, or until they have received a negative COVID-19 test. You should follow all general public health measures (e.g., physical distancing, hand hygiene, cough etiquette, etc.). Appropriate precautions should be taken to protect close contacts who are at highest risk of serious complications from COVID-19 (i.e., people older than 60 years and those living with chronic conditions).
- If you work in a setting with high risk or vulnerable populations (i.e. Long Term Care, Corrections, Residential Facilities, Shelters, etc.) consult with your workplace's occupational health and safety to see whether additional precautions are warranted.
- Household members without symptoms should also self-isolate (quarantine) until the test result is received. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the symptomatic person if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions from self-isolation (quarantine) for household members of the symptomatic person who are essential workers required to wear PPE at work are also allowed when a person in the household is symptomatic but not exposed to COVID-19 or positive for COVID-19 if:
 - they self-isolate (quarantine) when not at work, AND
 - The symptomatic person can self-isolate (quarantine) from the essential worker in the household.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
 - The **sick household member** should **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 their COVID-19 test results are positive, your household will need to self-isolate as you are now considered a close contact. Public health will contact you.
- If their COVID-19 test results are negative, they should stay home until their symptoms have resolved for 24 hours.
- If they are not tested, they must isolate at home for 10 days from symptom onset and until their symptoms have resolved for 24 hours. This means they may need to **isolate** longer if their symptoms have not resolved after the 10 day period.
- If **you** develop symptoms of COVID-19 as listed in this screening tool (including fever, cough, difficulty breathing), you **should immediately isolate. You can 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.
- People who do not have symptoms of COVID-19 are not routinely tested.
- For further COVID-19 information, please visit the Province of Manitoba website.

DO NOT Fax Public Health

A9. If asymptomatic, a member of your household has been identified as a close-contact and instructed to self-isolate by public health officials:

- The **household member identified as a close contact by public health** must limit their contact with others and **self-isolate** (quarantine) and self-monitor for symptoms for 14 days after their last known contact with the confirmed case. This means staying home and keeping away from others (including household members).
- All Household members should also self-isolate (quarantine) until the close contact has received a negative test result collected 10 days after the last exposure (if tested prior to 7 days post exposure, repeat testing is recommended). If the close contact is not tested, all household members should self-isolate until the contact in the household completes their 14 day self-isolation period. The close contact needs to stay in their own room and, if possible, use their own bathroom, and not use common areas.
 - Exemptions from self-isolation (quarantine) are in place for asymptomatic household members of the close contact if they are fully immunized (2 doses) for COVID-19 at the time of the exposure or have had a COVID-19 infection in the past 3 months.
 - Exemptions are also allowed for household members of the close contact who are essential workers required to wear PPE at work if:
 - everyone in the household is asymptomatic, including the close contact, AND
 - they self-isolate (quarantine) when not at work, AND
 - the close contact can self-isolate (quarantine) from the essential worker in the household.
 - All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.
- If you work in a setting with high risk or vulnerable populations (i.e. Long Term Care, Corrections, Residential Facilities, Shelters, etc.) consult with your workplace's occupational health and safety to see whether additional precautions are warranted.

- If you develop symptoms, you should immediately isolate. You can go directly to the nearest COVID-19 testing location during their open hours. For the testing site nearest you, please visit www.gov.mb.ca/covid19/locations.html
- People who do not have symptoms of COVID-19 are not routinely tested.
- For further COVID-19 information, please visit the Province of Manitoba website.

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A10. If asymptomatic based on screening with only one symptom in category B:

- Based on your responses you do not need to be tested for COVID-19 at this time.
- 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 **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 been exposed to a confirmed case of COVID-19, you should be tested, even if you only have one symptom.
- 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 been exposed, stay home until your symptoms have resolved for 24 hours, or until your symptoms are explained by an alternate diagnosis. You do not need to be tested for COVID-19.
- Take precautions to avoid contact with people who are at highest risk of serious complications from COVID-19 (i.e., people older than 60 years and those living with chronic conditions).
- If you work in a setting with high risk or vulnerable populations (i.e. Long Term Care, Corrections, Residential Facilities, Shelters, etc.) consult with your workplace's occupational health and safety to see whether additional precautions are warranted.
- For further COVID-19 information, please visit the Province of Manitoba website.

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A11. If asymptomatic with no travel or exposure history:

- Assessment and testing is currently available for anyone who develops symptoms of COVID-19.
- People who do not have symptoms of COVID-19 are not routinely tested.
- Provide education on coronavirus and other respiratory illness. Provide general advice for respiratory symptoms including hand-hygiene and cough etiquette.
- 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. 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>).

- Anyone who has symptoms of COVID-19 should **isolate** from the day the symptoms started until they no longer have a fever and the other symptoms are gone, with a minimum isolation period of 10 days. This means staying home and keeping away from others (including household members). If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. If you have travelled or been exposed to a case, you will need to continue your **self-isolation (quarantine)** period for the remainder of the 14-day period, to lower the chance of spreading the illness to other people.
- For further COVID-19 information, please visit the Province of Manitoba website. **DO NOT Fax Public Health**

OESH:

If you work in a health-care environment, phone your occupational health nurse or manager for advice. If you are a regional health authority employee calling after hours for guidance when your OESH staff are not available please phone in sick, stay home and contact Provincial Occupational Health COVID-19 Screening line for Staff, Physicians and Volunteers at 204-926-1042 OR Toll-free at 1-888-203-4066 first thing in the morning. They are open 0800 to 2000 seven days a week.

Only Occupational Health can provide direction on whether you can attend work. Physicians are to consult with their site medical leads