



PRAIRIE MOUNTAIN HEALTH REGION **RESTRICTED**

SEPT 2020



Are you sick?

Have you been exposed to COVID-19?

If you answer yes to either question, please **DO NOT ENTER**. Go home and call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) or use the online screening tool at sharedhealthmb.ca/covid19/ to see whether you need to isolate or be tested.



Have you travelled in the past 14 days?

You may need to self-isolate. Check manitoba.ca/covid19/travel for the most up to date requirements for travellers.



Wear a mask in all indoor public places and at all public gatherings (indoor and outdoor). Exceptions apply in some circumstances, like eating a meal, for children under 5 and for those with medical conditions.