

## COVID-19 Screening & Testing Fact Sheet

We appreciate this is an unusual time for Manitobans and for our health system at large. The rapid, global spread of COVID-19 has led to a general sense of unease and fear.

We, across the health system in Manitoba, are doing everything we can to meet the demands of the public, to provide the most up-to-date information and advice that we receive from public health officials.

Testing for COVID-19 is being offered to those who are most at risk of having been exposed to the virus. Testing sites are not walk-in locations. **Before testing, you are required to contact Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.**

This **does not** mean that you should ignore your symptoms. If you are feeling unwell, stay home until your symptoms have resolved. If you have returned from travel outside of Manitoba within the last 14 days, **please remain at home and self-isolate for 14 days** from the date of your return to the province.

For more information on self-isolation and on coping strategies for staying at home for a prolonged period of time, please visit <https://www.gov.mb.ca/covid19/>.

**Fact:** In Manitoba, public health officials are prioritizing the following groups to receive testing for COVID-19:

Anyone who has acute respiratory symptoms of any degree of severity (cold- or flu-like symptoms such as fever, cough, aches, chills, etc.) **AND** who:

- Has returned from travel outside Manitoba, including travel within Canada and developed symptoms within 14 days of their return; **OR**
- Has had exposure\* to a confirmed case of COVID-19; (Note: \*Exposure may include scenarios like large events or settings with confirmed case(s) of COVID-19.); **OR**
- Has had laboratory exposure as a person who works directly with biological specimens known to contain COVID-19; **OR**
- Is a health-care worker; **OR**
- Lives or works in a remote or isolated community or congregate setting, such as a correctional facility, shelter, long-term care or residential facility, or a remote work camp.

**Fact:** Patients who meet the above criteria and have been directed to a testing site can expect to have the screening criteria reviewed again upon their arrival at the testing location. Once criteria are confirmed to be met, the patient will:

- be registered for testing;
- meet with a testing provider for a focused assessment of COVID-19 symptoms;
- the provider will complete the testing as indicated.

If you have cold- or flu-like symptoms, but do not meet the COVID-19 testing criteria, you may be referred to your family doctor or health-care provider or to a walk-in clinic for follow up or assistance in managing your symptoms.

**Fact:** At this time, if you have returned from travel outside Manitoba in the last 14 days but are NOT currently experiencing cold- or flu-like symptoms, you do NOT need to be tested. Instead you should:

- Self-isolate in your home away from family members or house-mates who did not travel with you;
- Monitor your temperature daily and contact Health Links-Info Santé 204-788-8200 or toll free at 1-888-315-9257 if you do develop cold- or flu-like symptoms;
- Go to an emergency department or call 911 if you have a medical emergency (related or unrelated to potential COVID-19 symptoms);
- If you are a health-care worker, refer to Guidelines for Screening of Manitoba Health-Care Workers at <https://sharedhealthmb.ca/files/covid-19-guidelines-for-screening-health-care-worker.pdf>.

**We appreciate your active participation in efforts to reduce the spread of COVID-19.**