ANY person who has returned to Manitoba, in the last 14 days, MUST remain at home and avoid contact with others (including members of their household who did not travel with them) until they have been in Manitoba for a full 14 days AND no longer have cold or flu-like symptoms.

If they are feeling healthy they do NOT need to call Health Links-Info Santé.

For all other inquiries related to testing, here is a quick guide indicating when to call Health Links-Info Santé to determine if whether testing is required or not.

Anyone who has ANY of the following symptoms: cough, runny nose, fever, shortness of breath, sore throat must remain at home and stay away from other people.

Anyone with the above symptoms AND who answers YES to one of the following questions should call Health Links-Info Santé for more information and further direction.

Call Health Links-Info Santé if you have cold or flu-like symptoms AND:

- You have traveled outside of Manitoba in the last 14 days;
- You have been in contact with someone who is confirmed to have COVID-19.
- You have been in contact with a laboratory specimen confirmed to contain COVID-19.
- You have been in a large group setting (like a conference) where someone is confirmed to have COVID-19.
- You are a health-care worker.
- You live, or work, in a remote or isolated community OR a group setting (such as a correctional facility, long term care facility or a shelter)

If you do NOT have the above symptoms you do not need to call Health Links-Info Santé or be tested for COVID-19 at this time.