MEMO

Date: January 27, 2021
To: All Health Care Workers
From: Dr. Brent Roussin
Chief Provincial Public Health Officer
Lanette Siragusa, Provincial Lead
Health System Integration & Quality,
Chief Nursing Officer, Shared Health

Re: Self-Isolation Requirement Following Travel – Update for Health-Care Workers

Public health officials continue to strongly advise against any non-essential travel outside Manitoba (both domestic and international). Updated Public Health Orders will take effect midnight January 28, 2021. These include a requirement to self-isolate for 14 days upon return to Manitoba, including from destinations across Canada that were previously excluded from this requirement.

This requirement applies to all health-care workers who travel for a non-essential reason.

We recognize that there may be situations where the requirement for health care-workers to self-isolate upon return may have an impact on operations. Ensuring the appropriate planning of resources within units/departments/sites is important in determining if employees who will be returning from travel will be operationally required based on safety and functionality.

Employees with approved vacation, overtime or stat time are encouraged to disclose their travel plans during conversations with managers prior to their time away from the workplace. This will allow for consideration of the impact on operations as a result of travel.

Managers are encouraged to have conversations with staff in advance of their time away to ensure they are aware of the steps they must take before returning to the work place.

Employees who decide to travel, should familiarize themselves with any restrictions in place at their destination and of their requirement to follow self-isolation rules upon return to Manitoba.

Travel within Canada
These updated public health orders require all travelers to self-isolate for 14 days upon return to Manitoba.

Manitobans are reminded that other provinces have restrictions in place to reduce the spread of COVID-19. Check the restrictions in place at your destination, including those that may apply to border communities in neighbouring provinces.
In particular, **Ontario public health** has introduced new regulations indicating that individuals can only travel to another residence or cottage for less than 24 hours for essential business. Longer stays may require 14 days of isolation in Ontario. Information on public health restrictions in Ontario is available at [https://www.ontario.ca/page/covid-19-provincewide-shutdown](https://www.ontario.ca/page/covid-19-provincewide-shutdown).

**International Travel**
The federal government has advised that there will be no government-organized repatriation flights to Canada if the border is closed to international arrivals.


**Returning Travelers**
If you choose to travel outside Manitoba you will be required to complete the following steps upon your return:

- You will be required to self-isolate for 14 days before returning to work;
- If you are not able to isolate away from other members of your household, they will also be required to self-isolate for 14 days following your travel;
- You will be required to contact your manager upon your return to inform them of your travel and mandatory self-isolation period;
- This time away from work for travel-related self-isolation will be unpaid, however you may access employee banks;
- If your role is deemed operationally required, you may be asked to return to work prior to the end of your self-isolation period.

**Returning from International Travel**
In addition to the above, anyone returning to Manitoba from international travel should be aware of the following:

- All international travelers should be tested for COVID-19 immediately upon arrival in Manitoba, regardless of whether they are displaying symptoms. This applies to both visitors to Manitoba and returning residents.
- Travelers should make an appointment with a provincial testing site or visit a drive-thru test site, and indicate at the time of testing that they have been out of the country and share the location of travel. [https://www.gov.mb.ca/covid19/testing/locations.html](https://www.gov.mb.ca/covid19/testing/locations.html)
- Travelers also need to be re-tested after seven days, if they remain asymptomatic. **All travelers must complete the full 14-day self-isolation period regardless of test results.**
- Re-testing is also advised if an individual develops symptoms at any point, unless the individual has already tested positive.
- Individuals who test positive for COVID-19 and who have traveled or had close contact with an international traveler should identify this information to public health during the public health investigation.

Staff are encouraged to read the [Frequently Asked Questions](https://www.gov.mb.ca/covid19/faq.html) document before making travel plans.
General Visitors, Essential Care Partners, Designated Family Caregivers and Vendors
Updated public health orders will also apply to those who visit health-care facilities.

Screening tools will be updated to reflect the requirement for anyone who has travelled outside of Manitoba within the past 14 days to self-isolate as well as any exemptions included within the new orders.

No visitor shall be permitted if they have any cold/flu or other COVID-19 symptoms or have had close contact with a confirmed or suspected case.