

## MEMO

**Date:** October 30, 2020  
**To:** All COVID-19 Testing Sites and Providers

**From:** Dr. Brent Roussin, Chief Provincial Public Health Officer  
Lanette Siragusa, Chief Nursing Officer, Shared Health

**Re:** **COVID Testing – Updated Guidance for Individuals Awaiting Results**

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With continued high presentations of individuals (both symptomatic and asymptomatic) seeking COVID-19 testing, please note the following **updated guidance** regarding the isolation requirements for individuals tested.

All individuals receiving testing for COVID-19 should be provided the information and guidance below. **All other materials/handouts should cease distribution.**

**Symptomatic individuals** who seek COVID-19 testing are **required to isolate** until their test results are available. Provide them with the following guidance and information [http://www.manitoba.ca/asset\\_library/en/coronavirus/factsheet-isolation-selfmonitoring-recoveringhome.pdf](http://www.manitoba.ca/asset_library/en/coronavirus/factsheet-isolation-selfmonitoring-recoveringhome.pdf)

**Asymptomatic individuals** who seek COVID-19 testing, regardless of the reason for presentation (general concern, required for travel, identified as close contact, self-referred due to an exposure concern without confirmation etc.) are **required to isolate** until their test results are available. Provide them with the following guidance and information [http://www.manitoba.ca/asset\\_library/en/coronavirus/factsheet-isolation-selfmonitoring-recoveringhome.pdf](http://www.manitoba.ca/asset_library/en/coronavirus/factsheet-isolation-selfmonitoring-recoveringhome.pdf)

**PLEASE NOTE:** Where essential services or occupations such as health care workers, first responders, transport workers etc. receive specific advice from their employer (developed in consultation with public health) or occupational health services/designate, no further guidance or information is required