

## MEMO

**Date:** May 13, 2020  
**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:** **COVID-19 – Updated Testing Criteria & Introduction of Self-Referral**

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As Manitoba shifts from “Stay Home” to “Stay Safe” protocols, access and eligibility for COVID-19 testing are once again being expanded.

COVID-19 testing locations will now operate on a self-referral basis, eliminating the requirement for patients to first call Health Links-Info Santé if they meet the testing criteria.

Testing criteria have also been updated, with additional symptoms added to Category A – *new onset of any **one** symptom* and updates made to Category B – *new onset of **two or more** symptoms*.

**Individuals who screen positive for one symptom listed in Category A OR two symptoms in Category B should be considered symptomatic for the purpose of testing.**

**Category A** - New onset of **any** of the following symptoms:

- Fever > 38°C or subjective fever/chills
- Cough
- Sore Throat / hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours
- Poor Feeding (if an Infant)

**Category B** - New onset of **two or more** of the following symptoms:

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite

Individuals who are unsure if they need to be tested are advised to refer to the online screening tool at <https://sharedhealthmb.ca/covid19/screening-tool/>, or to call Health Links–Info Santé at **204-788-8200** or **toll-free at 1-888-315-9257** for guidance.

Health Links-Info Santé will also serve as the referral source for mobile testing, now available to house-bound or immune-compromised individuals on an appointment basis within the City of Winnipeg.

Symptomatic health-care workers (staff and physicians) and first responders (police, fire and paramedics) may continue to self-refer to a testing site for COVID-19. Upon arrival at the COVID-19 testing location, they shall self-declare as a **Health Care Worker** or **First Responder** to the greeter and present their work ID. Tests completed will be noted as “HCW” or “FR” on the lab requisition.

Additional information for health-care workers and first responders who are self-isolating due to symptoms and who are awaiting test results is available by referring to <https://sharedhealthmb.ca/files/memo-hcw-and-fr-testing-and-oh.pdf>.