

THE UNIVERSITY OF WINNIPEG

Guidance for UWinnipeg Workers: What to do if you have a concern of COVID-19 contact.

What should I do if				
l am	asymptomatic?	symptomatic?	Waiting for test results	Tested Positive for COVID-19
	Continue to Work.	Stay home from work, self-	Stay home from work, self-	Stay home from work, self-
	Self-Screen, Self-	isolate and isolate from	isolate and isolate from	isolate and isolate from other
	Monitor and follow	other family members as	other family members as	family members as much as is
	Shared Health	much as is reasonable. Do	much as is reasonable. Do	reasonable. Do not go out for
	recommendations	not go out for groceries or	not go out for groceries or	groceries or medications or
	for physical	medications or other	medications or other	other supplies – have them
	distancing, mask	supplies – have them	supplies – have them	delivered or arrange for
	use, handwashing	delivered or arrange for	delivered or arrange for	curbside pickup**. <u>Follow</u>
	and cough	curbside pickup. <u>Follow</u>	curbside pickup.* Follow	directions from Shared Health.
	protocol.	directions from Shared	directions from Shared	
		<u>Health.</u>	<u>Health.</u>	
A member	Is asymptomatic?	is symptomatic?	Is waiting for test results?	Tested Positive for COVID-19?
of my	Continue to Work.	Stay home from work and	Stay home from work, self-	Stay home from work, self-
household	Self-Screen, Self-	isolate from symptomatic	isolate and isolate from	isolate and isolate from other
(family	Monitor and follow	household members. If the	other family members as	family members as much as is
member,	Shared Health	person is a child, designate	much as is reasonable. Do	reasonable. Do not go out for
roommate	recommendations	one caregiver to isolate	not go out for groceries or	groceries or medications or
etc.)	for physical	and provide care. Do not	medications or other	other supplies – have them
	distancing, mask	go out for groceries or	supplies – have them	delivered or arrange for
	use, hand washing	medications or other	delivered or arrange for	curbside pickup. <u>Follow</u>
	and cough	supplies – have them	curbside pickup. <u>Follow</u>	directions from Shared Health.
	protocol.	delivered or arrange for	directions from Shared	
		curbside pickup. <u>Follow</u>	<u>Health.</u>	
		directions from Shared		
		<u>Health.</u>		
Someone I	Is asymptomatic?	is symptomatic?	Is waiting for test results?	Tested Positive for COVID-19?
know of,	Continue to Work.	Continue to Work. Self-	Continue to Work. Self-	Continue to Work. Self-Screen,
but who is	Self-Screen, Self-	Screen, Self-Monitor and	Screen, Self-Monitor and	Self-Monitor and follow
NOT a close	Monitor and follow	follow Shared Health	follow Shared Health	Shared Health
contact of	Shared Health	recommendations for	Recommendations for	Recommendations for physical
mine.	Recommendations	physical distancing, mask	physical distancing, mask	distancing, mask use, hand
(spouse's	for physical	use, hand washing and	use, hand washing and	washing and cough protocol.
co-worker,	distancing, mask	cough protocol.	cough protocol.	
schoolmate,	use, hand washing			
friend of	and cough			
friend etc.)	protocol.			

* If your test results come back negative, you must remain isolated until you are symptom-free for 24 hours. (see page 2)

** If you have tested positive and served the isolation period recommended by Shared Health, you must be symptom free for the 24 hour period before returning to work.



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Testing is recommended when you have sudden onset of flu-like symptoms, or if you have had close contact with anyone who has similar symptoms. Check the Shared Health Screening Tool for certainty.

If any other situations occur that fall outside of the guidelines on the previous page, self-screen using Shared Health Tool and follow recommendations for self-isolation and testing. If you still have unanswered questions, call Health Links – Info Santé: Call anytime 204-788-8200 or toll-free 1-888-315-9257.

Definitions:

Close Contact: Someone you have had contact with at 2 meters or less for more than 15 minutes.

<u>Self-Screen</u>: Use Shared Health Screening Tool to determine public health requirements for self-isolation and the need for COVID testing.

Self-Monitor: Pay attention to changes in your own health. Watch for sudden onset of symptoms, such as:

- Fever
- Coughing
- Shortness of Breath
- Loss of Smell or Taste

<u>Self-Isolate (Quarantine)</u>: Remain at home, isolated from other household members. If a child or other person in your household that requires direct care is symptomatic, designate one caregiver to self-isolate within the household with them to provide care. Arrange to have food/groceries delivered.

Sources:

The Public Health Act (C.C.S.M. c. P210)

<u>Public Fact Sheet</u> Isolation for Individuals with Symptoms and/or Waiting for COVID-19 Test Results. (November 2020) (<u>https://www.gov.mb.ca/asset_library/en/covid/factsheet-isolation-selfmonitoring-recoveringhome.pdf</u>)

Dr.Brent Roussin, Manitoba Public Health press conference November 13th, 2020