



THE UNIVERSITY OF WINNIPEG

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

Self-Screen: 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

Self-Isolate (Quarantine): 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)

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

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