

A SELF ISOLATION PRIMER FOR THFM STUDENTS AND CLOSE CONTACTS

**all information is from: <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>

It's **CRITICAL** to **ISOLATE** when:

- You have tested positive for COVID-19 from a test taken at a lab or at a provincial testing site (a PCR test or a rapid molecular test), or from a rapid antigen test (RAT).
- You have [COVID-19 symptoms](#), regardless of whether you have been exposed through travel or contact with a case. If you do not go for testing, you should assume you have COVID-19 and follow the below guidance for cases.
- In some cases, if you are a close contact of someone who is COVID positive (see p. 2 for clarification)

How **LONG** do you have to isolate before you can return to school?

There are different isolation periods for people who have been vaccinated and people who have not been vaccinated.

- **People who are fully vaccinated and do not have symptoms but TESTED POSITIVE** need to isolate for five days from the date of their positive test. You do NOT need to test negative before returning to school.
- **People who are fully vaccinated and have symptoms and have TESTED POSITIVE or HAVE SYMPTOMS** need to isolate for five days from the day their symptoms started or the date of the test, whichever is **later**. They must also continue to isolate until they no longer have a fever (without medication) and their other symptoms have been improving over the past 24 hours. You do NOT need to test negative before returning to school.
- **People who are not fully vaccinated** need to isolate for 10 days from the date of their positive test or the onset of symptoms, whichever is **later**. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours without medication. You do NOT need to test negative before returning to school.

Lingering symptoms such as cough or loss of taste or smell can persist beyond the isolation period, and if present, are not reasons for continuing isolation.

*Fully vaccinated people who have finished their isolation must wear a **MEDICAL GRADE** mask in public settings for **FIVE DAYS** and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease.*

All cases should notify their close contacts, which includes your household members. Please review [manitoba.ca/covid19/testing/monitoring/index.html](https://www.manitoba.ca/covid19/testing/monitoring/index.html) for information on how to notify your close contacts. Close contacts are people who have shared space with a case during their period of communicability. Specifically, these are people **CLOSER than two metres/six feet of a case for a total of 10 minutes over a 24-hour period**. This includes household members of the case.

Even if you do not have symptoms now, it is possible to transmit COVID-19 before you start showing symptoms or without ever developing symptoms.

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- *Close contacts who do not have symptoms and are fully vaccinated, or who have tested positive for COVID-19 and recovered within the last six months, are exempt from self-isolation (quarantine).*
 - *Close contacts who are not fully vaccinated must self-isolate (quarantine) for 10 days from the date of the last exposure. They can leave self-isolation after 10 days if they don't have any symptoms of COVID-19.*
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All close contacts who are exempt from self-isolation, particularly household contacts, need to be very cautious while the case is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19. Individuals should still self-monitor for symptoms of COVID-19 for 14 days following any exposure, and isolate immediately if any develop and get tested.

If you are a **close contact** and become **symptomatic** during your self-isolation (quarantine), you will need to get tested and must continue self-isolating. You should assume you have COVID-19 if you develop symptoms, and should follow the guidance for isolation of COVID-19 cases. If you test negative, you are still required to complete your initial self-isolation (quarantine) period.

Household members of close contacts do not need to self-isolate (quarantine) as long as they and everyone in the household remain without symptoms, and there is no case in the household. If the close contact develops symptoms, all household members, unless otherwise exempt, should self-isolate (quarantine) until the symptomatic individual receives their COVID-19 test result.

Monitor yourself and those close to you for symptoms similar to the flu or common cold such as coughing, sneezing, sore throat, fever or difficulty breathing. If you need to self-isolate, you should confirm symptoms with [Health Links](#) by calling 204-788-8200 or toll-free 1-888-315-9257, or a medical doctor/health provider.

You may wish to access the [Manitoba COVID-19 screening tool](#) posted online by Shared Health Manitoba.

For more information on HOW to self-isolate and many other COVID-related topics, visit: <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>