

Dear Client/Employer,

Manitoba's provincial health system has increased its capacity to respond to the rapidly evolving COVID-19 outbreak. Please note, decisions related to testing for COVID-19 are based on current and evolving public health evidence and are NOT based on client and/or employer requests.

**Individuals who are NOT experiencing signs/symptoms of COVID-19 will NOT be tested.** All individuals who have returned from international or domestic travel should self-isolate (stay away from other people) for 14 days following their return to Manitoba. Note there are exemptions for transporters of goods/services, workers and health care workers who live in neighboring jurisdictions and travel for work and personal travel to border communities. If symptoms develop during the 14-day self-isolation period, contact Health Links – Info Santé (204-788-8200 or 1-888-315-9257) to determine if testing for COVID-19 should be considered. In situations where COVID-19 testing is not recommended, a clearance letter will NOT be issued for employees to provide to employers.

Signs/symptoms of COVID-19 include:

- Cough
- Fever
- Sore throat
- Runny nose
- Difficulty breathing
- Shortness of breath

Individuals experiencing cough, fever, runny nose or other mild symptoms who have NOT traveled or been exposed to a person with COVID-19, should self-isolate (stay away from other people) at home until they are well. Health care workers should contact Occupational Health Services to determine a date of return to work. If symptoms worsen (e.g., shortness of breath, difficulty breathing), call Health Links – Info Santé or 911 if it is an emergency.

Manitoba public health officials are dedicated to monitoring, gathering information, assessing risk and responding to the evolving situation. Testing advice and recommendations may change as the outbreak continues to evolve. For the health system to continue to operate at capacity, please note that Public Health will not be issuing exclusion letters. Employers are encouraged to review Manitoba's COVID-19 website ([www.manitoba.ca/covid19](http://www.manitoba.ca/covid19)) for ways that workplaces can help reduce the spread and impact of COVID-19.

For up-to-date information about COVID-19, visit: [www.manitoba.ca/covid19](http://www.manitoba.ca/covid19).