

Insert Date

Dear Client,

**Re: Possible COVID-19 Exposure Notification – Insert Name of Location/Group/Activity/Event**

This letter is being sent for your awareness. We have been advised of at least one confirmed case of COVID-19 at [Insert Location/Group/Activity/Event](#) on [Insert Date\(s\)](#) when the individual(s) may have been infectious. Please note, we are not permitted to release the name or any identifying information about the confirmed case(s) of COVID-19 to any member of the group, community, or media.

Close contacts that we have identified have been notified separately of their specific exposure and advised to self-isolate (quarantine). If you have not been identified as a close contact, public health officials still recommend that you closely self-monitor for symptoms of COVID-19 for two weeks after the last exposure date.

**What if I develop symptoms?**

If you develop a new onset or worsening of any one symptom listed in Column A or any two or more symptoms listed in Column B, even if they are mild, immediately isolate from others. **It is recommended you get tested for COVID-19 as soon as symptoms appear. This is regardless of your vaccination status.** You may go directly to the nearest COVID-19 testing location during their open hours. For the testing site nearest you, please visit <https://manitoba.ca/covid19/testing/index.html>, or call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

| A   | B                           |
|---|-----------------------------|
| Fever/Chills                                | Runny nose                  |
| Cough                                       | Muscle aches                |
| Sore throat/hoarse voice                    | Fatigue                     |
| Shortness of breath/difficulty breathing    | Pink eye (conjunctivitis)   |
| Loss of taste or smell                      | Headache                    |
| Vomiting or diarrhea for more than 24 hours | Skin rash of unknown cause  |
|   | Nausea or loss of appetite  |
|   | Poor feeding (if an infant) |

Treatment for COVID-19 is now available for people at higher risk of severe disease. It is important to get tested early as the treatment is only effective in the very early phases of COVID-19 infection. For more information, visit <https://manitoba.ca/covid19/treatment/index.html>.

Individuals with symptoms outlined in Columns A and B, who choose not to be tested, must isolate for a minimum of 10 days following the start of symptoms. Isolation can be stopped at day 10 if the individual has been symptom-free for 24 hours.

### **What should my household members do if I have symptoms?**

Public health officials are also advising the following for anyone with a household member who is symptomatic, but not identified as a close contact to a confirmed COVID-19 case:

- Household members who have no symptoms should wear a mask and physical distance where possible when outside the household, and avoid leaving the home for non-essential reasons until the symptomatic person's test result is available.
- Household members who work in a setting with high risk or vulnerable populations (i.e. long term care, corrections, residential facilities, shelters, etc.) should consult with their workplace's occupational health and safety to see whether additional precautions are warranted.

If anyone in the household tests positive, all household members are then considered close contacts and must self-isolate (quarantine) for 10 days from the last exposure, unless otherwise exempt (fully immunized or recently infected within six months).

Public health officials have implemented stricter household self-isolation (quarantine) requirements in the **Southern Health-Santé Sud Health region**, excluding the Town of Niverville and the Rural Municipalities of St. François Xavier, Cartier, Headingley, Macdonald, Ritchot, and Taché. Household members of symptomatic people should self-isolate (quarantine) until the symptomatic individual tests negative. If not tested, they should self-isolate (quarantine) for the same period as the symptomatic person.

- Fully vaccinated or recently infected (within six months) people are exempt from this requirement.
- Asymptomatic designated workers who are not fully vaccinated but part of a regular rapid testing program are also exempt.
  - If the worker has symptoms or if there is a close contact in the household that has symptoms, the exemption does not apply.

All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.

For more public health information about COVID-19, please visit <https://manitoba.ca/covid19/updates/resources.html>.

Sincerely,