

Insert Date

Dear Staff Member,

**Re: Close Contact Notification Letter—Insert Name of Child Care Centre**

If you have received more than one letter, please follow the direction **in this letter**.

Manitoba public health officials advised the child care centre today of at least one confirmed case of COVID-19 in Insert Child Care Centre/Cohort or other location (as applicable) on Insert Date when the individual(s) may have been infectious. **You have been identified as a close contact of this/these case(s).**

The child care centre is working closely with public health officials and is following their recommendations. **You must self-isolate (quarantine) effective today up to and including Insert Date or as directed by public health officials.**

Testing is recommended for close contacts who remain asymptomatic 7 days after the last exposure to the case. The test at day 7 is important in identifying asymptomatic cases, and ensuring they self-isolate while they are infectious.

If test results are negative, you should continue to self-isolate (quarantine) until the end date above.

You can expect a phone call from a public health official before the end of your self-isolation period. Given the scale of Manitoba’s response, public health officials include regional public health staff, the Public Health COVID-19 Contact Centre, Canadian Red Cross, 24-7 Intouch, and other partners.

They will confirm your identity, and ask about your temperature checks and whether you have any symptoms or about any issues related to your isolation. If you have questions the contact centre agent is not able to answer, they will transfer you to a health professional that can answer your question and give you further direction.

If you have questions in the meantime, you can call Health Links—Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

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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 (see table below), even if they are mild, immediately isolate from others (if you have not already done so). It is recommended you get tested for COVID-19 as soon as symptoms appear. You may go directly to the nearest COVID‑19 testing location during their open hours. For the testing site nearest you, please visit <https://www.gov.mb.ca/covid19/testing/locations.html> or call Health Links—Info Santé at 204‑788-8200 or toll-free at 1-888-315-9257.

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| --- | --- |
| **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) |

Please note the following:

* Public health officials strongly encourage testing so it can be determined whether COVID-19 transmission has occurred within the child care centre.
* The child care centre is not permitted to release the name or any identifying information about the confirmed case(s) of COVID-19 to any member of the child care centre, community, or media.
* As variants of concern (VOC) are becoming the dominant strain of the virus in Manitoba, to reduce the risk of transmission, changes have been made to how we manage all COVID-19 cases and contacts. There will no longer be separate notification or different recommendations if the case is a VOC. For more information about VOCs, please visit [www.gov.mb.ca/covid19/fundamentals/variants.html](http://www.gov.mb.ca/covid19/fundamentals/variants.html).

More information about self-isolation (quarantine) can be found at <http://www.manitoba.ca/asset_library/en/covid/factsheet-isolation-selfmonitoring-returningtravellers-contacts.pdf>

For more public health information about COVID-19, please visit [https://manitoba.ca/covid19/updates/resources.html.](https://manitoba.ca/covid19/updates/resources.html)

Sincerely,

Office of the Chief Provincial Public Health Officer  
Health and Seniors Care