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| Population and Public Health  300 Carlton Street, Winnipeg, Manitoba, Canada R3B 3M9  **T** 204-788-6701  www.manitoba.ca |

Insert Date

Dear Client,

**Re: COVID-19 Exposure – Close Contact Notification Letter**

Please read this entire letter carefully and follow the instructions. Please be aware that most people will **not** receive a call from a public health official at this time.

You have had an exposure to an individual who has tested positive for COVID-19 when they may have been infectious. This means you are a close contact, and you must self-isolate (quarantine) for 10 days from the day of your last contact with this individual. **You must self-isolate (quarantine) effective today up to and including Insert Date or as directed by public health officials.**

You can stop self-isolating (quarantining) after that date as long as you have no symptoms. However, you should continue to self-monitor for symptoms for another four days after the 10-day self-isolation (quarantine) has ended. If you receive more than one letter, you must self-isolate (quarantine) for 10 days after the most recent last exposure to an individual who has tested positive for COVID-19.

Exemptions from self-isolation (quarantine) are in place for close contacts who have no symptoms and are fully immunized or have been recently infected with COVID‑19 in the past six (6) months. All individuals exempt from self-isolation (quarantine) requirements should continue to self-monitor for symptoms. If symptoms develop, isolate immediately and go for testing. There may be situations where public health requires all close contacts to self-isolate (quarantine) regardless of their vaccination status or any past COVID-19 infections. You will receive specific communication from public health (e.g., a letter) if this applies to your situation.

If you work in a setting with high risk or vulnerable populations (i.e. long term care, corrections, residential facilities, shelters, etc.), consult with your workplace’s occupational health and safety to see whether additional precautions are warranted. This advice is regardless if you are exempt from self-isolation (quarantine) or not.

**Testing Recommendations:**

Testing is recommended for close contacts who remain asymptomatic (i.e. no symptoms) seven days after the last exposure to the case (i.e. individual who has tested positive for COVID-19). The test at day seven is important because it can help identify asymptomatic cases, and ensure they isolate while they are infectious. If test results are negative, you should continue to self-isolate (quarantine) until the end date above.

If you are fully immunized, you are still recommended to go for testing between five to seven days after the last exposure to the case. You do not need to self-isolate (quarantine) while waiting for the test result as long as you do not have 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 (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. 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://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) |

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.

**Who is a close contact?**

A close contact is anyone who has been in close physical proximity (less than two metres or six feet) for more than 10 minutes total over 24 hours to someone who has COVID-19. It also includes people who provided care for the case or had direct contact with infectious body fluids.

You are a close contact when:

* You were less than two metres or six feet away for 10 minutes or more, even if you were wearing a non-medical mask.
* You had multiple close interactions with someone over a 24-hour period (even if each was less than 10 minutes).
* You had close physical contact with the person, such as a hug.
* You live or provide care to someone in the same home.

**Who is considered fully immunized?**

Individuals are considered fully immunized:

* two (2) weeks after their second dose in a two-dose series, such as the Pfizer, Moderna, or Astra Zeneca vaccines, or
* two (2) weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine, or
* two (2) weeks after receiving three (3) doses of a non-Health Canada approved vaccine

Individuals who have received one or two doses of COVID-19 vaccines outside of Canada with vaccines not approved in Canada require one dose of Pfizer or Moderna to be considered fully immunized

**What should my household members do?**

Public health officials advise the following as long as there isn’t a confirmed case of COVID-19 in the household:

* 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 your test result is available.
* If you develop symptoms, you should get tested and all household members should self-isolate (quarantine), unless otherwise exempt from self-isolation (quarantine), until your test result is known.
* If anyone in the household tests positive, all household members are then considered close contacts and, unless otherwise exempt, are required to self-isolate (quarantine).

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 close contacts should self-isolate (quarantine) until the close contact tests negative. If not tested, they should self-isolate (quarantine) for the same period as the close contact.

* Fully immunized or recently infected (within six months) people are exempt from this requirement.
* Asymptomatic designated workers who are not fully immunized 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.

**Need more information or have questions?**

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)

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

Sincerely,

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