### A. Do you have a new onset, or worsening, of any ONE of the following symptoms?

- Fever > 38°C or subjective fever/ chills
- Cough
- Sore throat/ hoarse voice
- Shortness of breath/ breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

*If “yes” to any one of the above, DO NOT ENTER*

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### B. Do you have a new onset, or worsening, of any TWO of the following symptoms?

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

*If “yes” to any two of the above, DO NOT ENTER *

* If you have only one symptom in section B and it has been less than 24 hours since it started, stay home and avoid contact with others. Re-evaluate after 24 hours, and use the on-line COVID-19 Screening Tool. https://sharedhealthmb.ca/covid19/screening-tool/.

### Exposure history

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1. Have you, or a member of your household, been in close contact (within 2 metres / 6 feet for more than 10 minutes total over 24 hours) in the last 14 days with a confirmed COVID-19 case?

2. Have you been exposed to COVID-19 in a work or public setting?

3. Have you or a member of your household, traveled outside of Manitoba in the past 14 days and are required to self-isolate (quarantine) **

4. Is a member of your household sick with COVID-19 symptoms, and waiting for COVID-19 test results? ***

5. Are you, or a member of your household, waiting for COVID-19 testing results? ***

*If “yes” to any of the above, DO NOT ENTER. Take the online screening tool https://sharedhealthmb.ca/covid19/screening-tool/**

** Exemptions from self-isolation (quarantine) orders include some essential workers and those that are fully immunized, if they have no symptoms.

*** Exemptions are in place for asymptomatic household members if they are an essential worker required to wear medical grade PPE while at work, such as health care workers and first responders.

If the checklist advises you Not to Enter: stay home, isolate and refer to the online COVID-19 Screening Tool at https://sharedhealthmb.ca/covid19/screening-tool/ or call Health Links – Info Santé at 204-788-8200 or toll free at 1-888-315-9257 for further guidance.

Up to date information on COVID-19 can be found at: www.manitoba.ca/covid19/index.html

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