On March 20, 2020, Manitoba declared a province-wide state of emergency to address the COVID-19 pandemic, under the authority of the Emergency Measures Act, and issued public health orders that are in place. For more information on the state of emergency, and how to protect yourself and others, visit: www.manitoba.ca/COVID19.

Self-isolation is used to lower the chance of spreading the illness to other people. Self-isolation means avoiding situations where you could infect other people. This can help prevent the spread of infections.

Do not attend activities or gatherings where you may come in close contact with other people. This includes work, school and university, public transport (plane/bus/taxi/carpool), health-care facilities, faith-based facilities (church or funerals), grocery stores or restaurants, shopping malls, sporting events, concerts and birthday parties.

All international travellers are required to self-isolate for 14 days in accordance with the Quarantine Act.

Domestic travellers entering Manitoba from British Columbia, Alberta, Saskatchewan, the Yukon, Northwest Territories and Nunavut or Northwestern Ontario (west of Terrace Bay) are not required to self-isolate for 14 days if they are asymptomatic and have no known exposure to COVID-19.

All other domestic travellers entering Manitoba (from regions not outlined above) are required to self-isolate for 14 days under provincial public health orders.

Additional information and a list of exceptions can be viewed online at www.manitoba.ca/covid19/soe

If you’re experiencing symptoms of COVID-19, take the online self-assessment at manitoba.ca/COVID19.

Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257.

Do not call 911 unless it is an emergency.

For more information, visit manitoba.ca/covid19 or call Manitoba Government Inquiry at 204-945-3744 or toll free in North America: 1-866-626-4862.