

# COVID-19 IN MANITOBA

Archived since March 2020

COVID-19 / Protection / Ensuring Manitobans Stay Safe and Healthy / last updated: August 31, 2020 / Archived

## Ensuring Manitobans Stay Safe and Healthy

### The #COVIDCarefulMB Program

Being COVID Careful means seeking out reliable, accurate information and taking the necessary precautions to keep you and those you care about safe from COVID-19.

### **Travellers**

Information on travel restrictions, including a list of exceptions, can be viewed online at [manitoba.ca/covid19/protection/soe.html](https://manitoba.ca/covid19/protection/soe.html). If you are feeling well and are not experiencing any COVID-19 symptoms, public health officials strongly recommend that you follow these guidelines while travelling:

- Do not travel if you, or anyone you are traveling with, has symptoms of COVID-19. If you or anyone with you begins to feel ill or experiences COVID-19 symptoms, return home immediately. If your home is in another province, contact your local public health office to determine if you need care. If you are unable to return home, isolate and call Manitoba's Health Links-Info Santé for information on where to go to be tested and/or assessed for COVID-19.
- wash your hands often or use an alcohol-based hand sanitizer;
- cover your cough/sneeze; and
- practice physical distancing by minimizing close (less than two meters/six feet) contact, except for brief exchanges, between any individual that is not from your household.

Advice for travelling by air, vehicle for hire, carpooling, public transit and motorcycle can be found at: [manitoba.ca/covid19/restoring/transportation.html](https://manitoba.ca/covid19/restoring/transportation.html).




Information on self-isolation (quarantine) and isolation can be found at:

[Novel Coronavirus Fact Sheet \(Contains Advice for Self-monitoring\)](#)

[Self-Isolation Fact Sheet](#)

[What Do I Do While Waiting for My \(COVID-19\) Test Results?](#)

## Travellers' Information

<p><b>COVID-19 NOVEL CORONAVIRUS</b> <b>TRAVELLERS' INFORMATION</b></p> <p>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: <a href="http://www.manitoba.ca/COVID19">www.manitoba.ca/COVID19</a>.</p>  <p>All international travellers are required to self-isolate for 14 days in accordance with the Quarantine Act.</p> <p>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.</p> <p>All other domestic travellers entering Manitoba (from regions not outlined above) are required to self-isolate for 14 days under provincial public health orders.</p> <p>Additional information and a list of exceptions can be viewed online at <a href="http://www.manitoba.ca/covid19/soe">www.manitoba.ca/covid19/soe</a></p> <p>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.</p> <p>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 funeral), grocery stores or restaurants, shopping malls, sporting events, concerts and birthday parties.</p> <p>If you're experiencing symptoms of COVID-19, take the online self-assessment at <a href="http://manitoba.ca/COVID19">manitoba.ca/COVID19</a>. Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257. Do not call 911 unless it is an emergency.</p> <p>For more information, visit <a href="http://manitoba.ca/covid19">manitoba.ca/covid19</a> or call Manitoba Government Inquiry at 204-945-3744 or toll free in North America: 1-866-628-4862.</p> <p><a href="http://manitoba.ca/covid19">manitoba.ca/covid19</a> </p>	<p><b>COVID-19 NOVEL CORONAVIRUS</b> <b>TRAVELLERS' INFORMATION</b></p>  <p>All international travellers are required to self-isolate for 14 days in accordance with the Quarantine Act.</p> <p>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.</p> <p>Additional information and a list of exceptions can be viewed online at <a href="http://www.manitoba.ca/covid19/soe.html">www.manitoba.ca/covid19/soe.html</a></p> <p>If you develop cold or flu-like symptoms within 14 days of arriving in Manitoba, contact Health Links-Info Santé at 204-788-8200 in Winnipeg; or 1-888-315-9257 toll free in Manitoba.</p> <p><a href="http://manitoba.ca/covid19">manitoba.ca/covid19</a> </p>
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## Travelling to Cottages

UPDATED May 13, 2020

[Additional information for cottage owners including guidelines when travelling to cabins, campgrounds, trails, parks and cottages by being Covid Careful in Cottage Country.](#)

## Visiting Manitoba Hospitals and Health Centres

Effective September 1, 2020, visitors to all health-care facilities are required to wear non-medical masks to protect Manitobans and limit the spread of COVID-19.

For more information on visiting patients at Manitoba hospitals, see: [sharedhealthmb.ca/files/covid-19-inpatient-visit-principles.pdf](http://sharedhealthmb.ca/files/covid-19-inpatient-visit-principles.pdf).

For more information on visiting in long-term care facilities, see: [sharedhealthmb.ca/files/covid-19-pch-visitation-principles.pdf](http://sharedhealthmb.ca/files/covid-19-pch-visitation-principles.pdf).

## Home-Based Child Care Providers, Youth Facilities and Community Organizations

In addition to following good hand hygiene, cough etiquette, physical distancing and other prevention measures, home-based child care providers, youth facilities and other community organizations should ensure liquid soap and paper towels are available at all hand wash sinks throughout the centre/facility, or have alcohol-based hand sanitizer available throughout the centre/facility as well as have adequate supplies on-hand including plastic-lined garbage bins and tissues. It is especially important for children and adults in the childcare setting to clean their hands:

- Ensure liquid soap and paper towels are available at all hand wash sinks throughout the centre/facility. It is especially important for children and adults in the childcare setting to clean their hands:
- Before leaving home and upon arrive at the centre/facility
- After coughing or sneezing
- After toilet use
- Before, during and after preparing food
- Before eating any food, including snacks
- After diapering a child
- Before using shared materials such as arts and craft supplies
- Before leaving the centre/facility and upon arrival at home

Visit the [Prepare and Prevent](#) page for more information on how to clean surfaces and objects to prevent the spread of COVID-19. Pay particular attention to cleaning objects that are touched frequently, and remove any objects that cannot be cleaned and disinfected properly, such as plush stuffed toys.

For home-based child care providers, youth facilities and other community organizations that prepare food, it is also important to:

- Ensure mechanical dishwashers are sanitizing properly. A high temperature dishwasher must reach a minimum 65.5 °C (150 °F) on the wash cycle and 82 °C (180 °F) on the rinse cycle for at least 10 seconds. Chemical dishwashers /glasswashers must provide at least 50ppm chlorine.
- If manually dishwashing, ensure 200ppm quat or at least 50ppm chlorine.
- Regularly clean and sanitize all food contact surfaces (equipment, utensils, cutting boards, customer tables ) after each use or as often as necessary. Sanitizers such as chlorine, quaternary ammonium (quats) and iodine are effective sanitizers on food contact surfaces. Allow a 1 minute contact time or as directed on the label. Check sanitizer strengths with test papers (100 ppm for chlorine, 200 ppm for quats) as available.

- Disinfect frequently touched surfaces at least twice per day (i.e. doorknobs, light switches, handles, desks, toilets, faucets, sinks) with disinfectants that are appropriate for the surface, following label instructions.

Manitoba Families Townhalls with Dr. Brent Roussin, Manitoba's Chief Provincial Public Health Officer

Manitoba Families COVID-19 Notices and Circulars

## **Schools**

Up-to-date information for classroom learning for the upcoming 2020-21 academic year for K-12 can be found at: [edu.gov.mb.ca/k12/covid](http://edu.gov.mb.ca/k12/covid).

## **Correctional Institutions**

UPDATED *April 1, 2020*

Manitoba Justice continues to take steps to reduce the spread of infection and enhance access to justice throughout the province. As of April 2, new admissions to all adult and youth correctional centres in Manitoba will be handled through the Winnipeg Remand Centre (WRC). All individuals coming into custody will be isolated for up to 14 days to help reduce the spread of COVID-19 into facilities. Sheriff services will be assisting rural police agencies with transports whenever possible. All in-person visits for people in Manitoba's adult and youth correctional centres have been suspended including inmate programs, staff training and other group activities.

The province is expanding the number of free phone calls for individuals in custody to help them maintain contact with their support systems. Lawyers are encouraged to meet with clients remotely, whenever possible, but in-person visits with clients can continue at all facilities, with the exception of the WRC. Cleaning procedures in all Manitoba's correctional centres have increased significantly including the use of fogging equipment to disinfect large and high-traffic areas. Protocols for the use of personal protective equipment are in place to ensure the safety of staff and inmates.

As of April 2, greater access to bail hearings on evenings and weekends will increase the efficiency of the system, ensure timely bail and other hearings and limit unnecessary admissions to the WRC. Crown attorneys will work on evenings, overnight and on weekends for consultations and hearings and to work with defence counsel on sentencing recommendations. The province is also

working with police agencies to expand remote bail hearings in the north. The number of court hearings that can be held by phone will also be increased to avoid unnecessary transportation of people out of their communities.

## **Child and Family Services, Community Care Providers, Group Care and Foster Care**

UPDATED *April 29, 2020*

Child and family services are a mandated essential service with obligations outlined under the Child and Family Services Act, the Child and Family Services Authorities Act, and the Adoptions Act. Protecting children to ensure their safety and well-being continues to be of paramount importance during this unprecedented time.

The safety and well-being of frontline service staff is critical to our mandates as the services they provide offer lifelines of support for the most vulnerable children, youth and families in our province.

The practice and policy guidelines developed and communicated in response to COVID-19 align with public health direction to prevent the transmission of COVID-19 and ensure foster parents, group care providers, child welfare agencies, Authority staff, and all key stakeholders have access to information that will guide their day-to-day practice.

**Reminder: If you think a child is being harmed or neglected, contact 204-944-4200 (in Winnipeg) or 1-866-345-9241.**

**If you have an emergency, contact 911 or your local police emergency number**

For questions or concerns about the services that an agency is providing, begin by directing inquiries to the assigned CFS worker, followed by the agency supervisor or director. If concerns continue, they can be directed to the agency's oversight Authority for contact information, visit: the Child and Family Services Authority and Agency Contact listing at: [www.gov.mb.ca/fs/childfam/cfsagencies.html](http://www.gov.mb.ca/fs/childfam/cfsagencies.html)

### **Additional Resources**

- [Manitoba Families Townhalls with Dr. Brent Roussin, Manitoba's Chief Provincial Public Health Officer](#)
- [About Coronavirus Disease \(COVID-19\) \(pdf\)](#)
- [Talking with Children and Youth \(pdf\)](#)

- [Handwashing poster](#) (pdf)

## **Supporting Health and Practice Information for CFS authorities, agencies and community care providers**

### Circulars /Operational Updates

### **Family Law**

UPDATED April 22, 2020

As part of efforts to help limit the spread of COVID-19, family law matters are only being heard in urgent circumstances. The pandemic can create additional stress and worry for parents and children - especially those going through separation or divorce. Families can use these resources to help address some of their concerns:

- [Parenting arrangements during COVID-19](#) (pdf)
- [Family Law Manitoba](#) - This provincial web site is a single-window source of information, resources and links related to family law.
- [Updates to court processes](#)
- [Kids Help Phone](#)
- [Talking with children and youth about COVID-19](#) - This guide was developed for child care providers, but may also be helpful for parents.
- [Maintenance Enforcement Program](#) - This site includes information and updates about the program, which ministers the spousal and child support obligations under the terms of a court order or agreement.

For non-urgent questions call our Get Guidance line during regular business hours: 204-945-2313 (Winnipeg) or 1-844-808-2313 (toll-free). Emails may also be sent to [GetGuidance@gov.mb.ca](mailto:GetGuidance@gov.mb.ca) but are being monitored less frequently.

### Other important contacts:

- If you are experiencing domestic violence and are in an emergency call 911. If you are in crisis, contact the domestic violence crisis line at 1-877-977-0007.
- Contact Manitoba Justice's [Victim Services](#) at 204-945-6851 or toll free at 1-866-484-2846 if you are:
  - a victim of intimate partner violence,
  - your child has been a victim of crime,

- you or your family member is a designated victim under The Victims' Bill of Rights, or
- you need information about the Canadian Victims Bill of Rights or criminal compensation.
- If you require information about a protection order, please contact Manitoba Courts at 204-945-1699 or Victim Services at 204-945-6851, toll free at 1-866-484-2846. You can also check [Family Law Manitoba](#) for other agencies that can help with domestic violence and protection orders.
- For questions or concerns about family law services - including changes to service delivery for mediation, recalculation or maintenance enforcement - visit [Family Law Manitoba](#) or [Manitoba Courts](#).

To get support to mediate family issues related to COVID-19, such as child access, please call our Get Guidance line at 204-945-2313 (Winnipeg) or 1-844-808-2313 (toll-free) or email [GetGuidance@gov.mb.ca](mailto:GetGuidance@gov.mb.ca) with COVID-19 Assistance in the subject line.

### **Tenants and Property Managers**

UPDATED April 14, 2020

It is everyone's responsibility to help ensure appropriate social distancing and other measures are put in place to help protect Manitobans from COVID-19. There can be unique challenges in apartment complexes, particularly in common areas like the lobby, laundry facilities or gym rooms.

- [Guidance for Employees and Residents of Residential Complexes pdf](#)

### **Guidance for Food**

UPDATED June 15, 2020

As the COVID-19 pandemic continues, it is essential for food sector workers, grocery stores and food banks to ensure safe and reliable access to food and supplies.

- [Food processing plants](#)
- [Retail food and grocery stores](#)
- [Food bank guideline](#)
- [Farmers' markets](#)
- [Food trucks, hot dog and food push carts](#)
- [Guidelines for Abattoirs](#)
- [Community Gardens \(pdf\)](#)

## **Garage Sales**

UPDATED June 21, 2020

Public health orders continue to limit gathering sizes of no more than 50 people at any indoor premise or 100 people at any outdoor premises, including garage sales.

Garage sales are a higher-risk setting because they are not associated with any recommended practices that retail stores must have in place. This includes how people could follow physical distancing guidelines, appropriate cleaning processes and options for cashless or no-contact payment.

## **Hot Weather During COVID-19**

UPDATED June 5, 2020

Extreme heat is a potential risk for everyone. Staying safe while it is hot, drinking enough water and staying cool on hot days is important but, may be more difficult during the COVID-19 pandemic. Follow these public health measures to ensure you can safely enjoy the warmer weather.

- Stay hydrated and pack extra water when you go out. Many public fountains are closed and not all retail stores are open for purchases, which limits access to water or beverages.
- Check the hours of public spaces and facilities you visit to cool off, such as malls or libraries. Hours of operation may be modified under COVID-19.
- Respect all public health measures about social (physical) distancing when you visit recreational facilities such as swimming pools, splash pads and parks.
- Anyone can put themselves at risk by over-exercising in hot weather because the body has to work even harder to stay cool. Stay hydrated and plan activities for cooler parts of the day or exercise in an air conditioned space while respecting social (physical) distancing measures.
- Some medications can also increase your risk of being affected by the heat, so it's important to ask your doctor or pharmacist whether the medication you're taking affects your ability to cope with heat. View a fact sheet on medications and heat. Certain substances, including amphetamines, MDMA (ecstasy), cocaine, alcohol and cannabis, can alter mental status as well as increase the risk of over-heating.
- Vulnerable populations should take extra care. Heat can stress the body and reduce a person's capacity to fight off COVID-19. The virus may also affect some people more than others. Vulnerable populations include:
  - older adults



- infants and young children
- people with chronic conditions, such as breathing difficulties or heart problems
- people who work or exercise in the heat (even if they are healthy)
- other vulnerable people, people experiencing homelessness
- Ensure you check in regularly with vulnerable or socially isolated community members, friends and family. Contact people by phone where possible to reduce face-to-face interactions.

For current information:

- on heat and your health: [manitoba.ca/health/publichealth/environmentalhealth/heat.html](http://manitoba.ca/health/publichealth/environmentalhealth/heat.html)
- specific to workplaces and heat strain, visit: [safemanitoba.com/News/Pages/Heat-Strain-at-Work-with-Dr.-Denise.aspx](http://safemanitoba.com/News/Pages/Heat-Strain-at-Work-with-Dr.-Denise.aspx)