

# Self-monitoring and Possible Public Exposures to COVID-19



COVID-19 can be spread from people who don't exhibit symptoms or before symptoms develop. These individuals may not know the identity of the people who have been exposed. For this reason, public health officials will provide information where there may have been possible public exposures to COVID-19. If you have visited one of these sites, you should self-monitor for symptoms for 14 days from your last visit, and if symptoms develop, immediately isolate and seek testing.

An online assessment tool can be found at <https://sharedhealthmb.ca/covid19/screening-tool/>

Note that public health officials investigate all confirmed cases of COVID-19, and will provide direction to individuals identified as close contacts.

## How do I self-monitor my symptoms?

Watch for any new, or worsening, symptoms, such as fever, cough, headache, runny nose, sore throat, shortness of breath or breathing difficulties. For a full list of symptoms, visit: [www.manitoba.ca/covid19/about/index.html](http://www.manitoba.ca/covid19/about/index.html).

Take your temperature twice a day (morning and night), using an oral digital thermometer (placed in the mouth). It is important to get an accurate temperature reading. Do not eat, drink, smoke or chew gum for 30 minutes prior to taking your temperature. Wait at least four hours after you have taken acetaminophen (Tylenol®) or ibuprofen (Advil®).

Record your temperature, and any other symptoms you may experience, using the [Temperature Self-Monitoring Form](#).

## What should I do if I develop 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, isolate yourself from others immediately including your household members, and call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for information on testing and isolation. You should inform Health Links – Info Santé about your possible public exposure.

A	B
<ul style="list-style-type: none"><li>• Fever / chills</li><li>• Cough</li><li>• Sore throat / hoarse voice</li><li>• Difficulty breathing</li><li>• Loss of taste or smell</li><li>• Vomiting or diarrhea for more than 24 hours</li></ul>	<ul style="list-style-type: none"><li>• Runny nose</li><li>• Muscle aches</li><li>• Fatigue</li><li>• Pink eye (conjunctivitis)</li><li>• Headache</li><li>• Skin rash of unknown cause</li><li>• Poor feeding, if an infant</li><li>• Nausea or loss of appetite</li></ul>

If at any time you develop severe symptoms (e.g., difficulty breathing, shortness of breath), call 911 or seek medical attention at urgent care or an emergency department.

## **If I don't have symptoms, should I get tested?**

### **Would I have to self-isolate (quarantine) if I get tested?**

Public health will assess the risk and provide advice, including whether to self-isolate (quarantine) or get tested. If you are not experiencing symptoms of COVID-19 and have not had any recent known exposures (through close contact as determined by a public health official, or travel), you do not need to self-isolate (quarantine).

At minimum, you should continue to self-monitor for symptoms, for 14 days following your attendance to the site listed as a possible exposure setting. If you develop symptoms, isolate immediately and get tested. If you are not experiencing symptoms of COVID-19 and have **not** had any recent known exposures (through close contact as determined by a public health official, or travel), you do **not** need to self-isolate (quarantine).

### **I have been to a site where public health has indicated a possible public exposure, so why don't I have to self-isolate (quarantine)?**

Often the publically announced possible exposures are low risk. Those not identified as a close contact by a public health official should self-monitor for 14 days after attending a site listed as a possible public exposure setting. It is also recommended that you reduce your contact with others, and avoid large gatherings where you could have close contact with people, especially those at higher risk for severe illness. If symptoms of COVID-19 develop, you should immediately isolate yourself and seek testing.

## **What can I do to limit the spread of COVID-19?**

There are a number of things that you can do to limit the spread of COVID-19.

First, avoid closed-in or crowded spaces and reduce the number of close contacts from outside of your household.

Second, focus on the fundamentals, including:

- staying home when you are sick
- washing/ sanitizing your hands frequently
- physically distancing when you are with people outside of your household
- wearing a mask in situations where you cannot physically distance, or as required by public health orders.

Lastly, download the **COVID Alert App** today [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html). The COVID Alert App can help to break the cycle of infection. The app notifies people of potential exposures and provides direction to reduce the risk of further COVID-19 spread.

## Where can I find information about sites with possible public exposures?

A listing of sites with possible public exposures can be found on the [#RestartMB Pandemic Response System](#) region specific web page:

[Interlake Eastern Regional Health Authority](#)

[Northern Regional Health Authority](#)

[Prairie Mountain Health](#)

[Southern Health – Santé Sud](#)

[Winnipeg Regional Health Authority](#)

A listing of flights where people may have been exposed can be found at [www.manitoba.ca/covid19/updates/flights.html](http://www.manitoba.ca/covid19/updates/flights.html)

## For more information about COVID-19:

### Call:

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

### Visit:

- Manitoba government's COVID-19 website at [www.manitoba.ca/covid19/](http://www.manitoba.ca/covid19/)
- COVID-19 Self-isolation (Quarantine) and Isolation Fact Sheets – [www.manitoba.ca/covid19/updates/resources.html#factsheets](http://www.manitoba.ca/covid19/updates/resources.html#factsheets)
- Government of Canada's COVID-19 website – [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)