

## COVID-19 Screening Tool for Public Health and Health Links-Info Santé

**Purpose:** to assist with calls from the community about COVID-19 symptoms. This screening tool is intended to supplement clinical judgement, not supersede it.

**There are no requirements to clinically report cases by fax to public health.**

- **Disease information:** COVID-19 resources available at: [Province of Manitoba | COVID-19 \(gov.mb.ca\)](https://www.gov.mb.ca/health/covid19/)
- **COVID-19 Communicable Disease Protocol:** [Communicable Disease Management Protocols | Health | Province of Manitoba \(gov.mb.ca\)](https://www.gov.mb.ca/health/covid19/communicable-disease-management-protocols/)

### Risk Assessment: Initial Screening Questions

A. Do you have new onset or worsening of any of the following symptoms?		
<input type="checkbox"/> Fever > 38°C or subjective fever/ chills	Yes	No
<input type="checkbox"/> Cough	Yes	No
<input type="checkbox"/> Sore throat/ hoarse voice	Yes	No
<input type="checkbox"/> Shortness of breath/ breathing difficulties	Yes	No
<input type="checkbox"/> Loss of taste or smell	Yes	No
<input type="checkbox"/> Vomiting or diarrhea for more than 24 hours	Yes	No
B. Do you have new onset or worsening of 2 or more of any of the following symptoms?		
<input type="checkbox"/> Runny nose	Yes	No
<input type="checkbox"/> Muscle aches	Yes	No
<input type="checkbox"/> Fatigue	Yes	No
<input type="checkbox"/> Conjunctivitis (pink eye)	Yes	No
<input type="checkbox"/> Headache	Yes	No
<input type="checkbox"/> Skin rash of unknown cause	Yes	No
<input type="checkbox"/> Nausea or loss of appetite	Yes	No
<input type="checkbox"/> Poor feeding if an infant	Yes	No

Symptomatic Path (including 1 or more symptom in category A and/or 2 or more symptoms in category B)			
S1.	Have you tested positive for COVID-19 in the previous 10 days by either a rapid test or a laboratory-based test?	Yes	No
S2.	If not tested, follow advice based on presence of symptoms, regardless of whether exposed or not.		
Asymptomatic Path (including 1 symptom only in category B)			
A1.	Have you tested positive for COVID-19 in the previous 10 days by either a rapid test or a laboratory-based test?	Yes	No
A2.	Do you have a new onset or worsening of only one of the following group B symptoms: runny nose, muscle aches, fatigue, conjunctivitis (pink eye), headache, skin rash of unknown cause, nausea or loss of appetite, or poor feeding if an infant? (Consider as asymptomatic for COVID-19 based on only one group B symptom)	Yes	No
A3.	Have you been exposed in the last 14 days to someone that has tested positive for COVID-19 (either by rapid test or laboratory-based test) or has COVID-19 symptoms?	Yes	No
A4.	If no exposures in past 14 days follow advice based on absence of symptoms		

SYMPTOMATIC PATH	S1: Symptomatic and tested positive	S2: Symptomatic, not tested (regardless of whether exposed or not)
<b>General Advice</b>	If your test result is positive, you are considered to have COVID-19. <b>You should immediately limit your contact with others and isolate yourself at home.</b>	<b>You should immediately limit your contact with others and isolate yourself at home.</b>
<b>Symptom Assessment</b>	If symptoms are more severe and require a health care assessment (e.g. shortness of breath/breathing difficulties); client needs to be assessed in their local urgent care centre or Emergency Room. If they are experiencing severe symptoms or difficulties breathing, client to call 911 or go to an Emergency Department and advise that they have COVID-19.	If symptoms are more severe and require a health care assessment (e.g. shortness of breath/breathing difficulties); client needs to be assessed in their local urgent care centre or Emergency Room. If they are experiencing severe symptoms or difficulties breathing, client to call 911 or go to an Emergency Department and advise that they have symptoms of COVID-19.
<b>Testing</b>	If your positive test result was from a rapid antigen test, for most situations, you do not need a confirmatory PCR test. Public Health recommends confirmatory PCR only for a few situations. For more information refer to: <a href="https://www.gov.mb.ca/health/publichealth/testing">Province of Manitoba   Testing Advice and Guidance (gov.mb.ca)</a>	<p>Testing for COVID-19 is recommended when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings.</p> <p>If you have had a previous COVID-19 infection, it is possible to have COVID-19 again. However, it is uncommon to get COVID-19 again within three to six months of your last infection.</p> <ul style="list-style-type: none"> <li>▪ If it has been less than four months since your last COVID-19 infection and you have symptoms again, testing is not routinely recommended, but you should continue to isolate until you do not have fever and your other symptoms have been improving over the past 24 hours. However, if you are at high risk of severe disease, health care providers may recommend testing regardless of the time since your previous infection.</li> <li>▪ If it has been more than four months since your last COVID-19 infection and you have symptoms again, testing can help determine if you have COVID-19.</li> </ul> <p>Please see <a href="https://www.gov.mb.ca/health/publichealth/testing">Province of Manitoba   Testing Advice and Guidance (gov.mb.ca)</a> for more information on PCR testing eligibility through your health care provider.</p> <p>If you are not eligible for PCR testing and have access to rapid antigen tests you can test yourself at home. If you have a negative result do not assume you are negative for COVID-19. If you continue to feel sick or your symptoms get worse, it is recommended you take at least one more test and wait one to two days between tests. If all tests are negative, you can resume your regular activities as long as you have no fever and your symptoms have been improving for 24 hours.</p> <p>Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate. For more information on rapid antigen tests and how to use them, see: <a href="https://www.gov.mb.ca/health/publichealth/testing">COVID 19 - Rapid Antigen Tests (RATs) (gov.mb.ca)</a></p>

SYMPTOMATIC PATH	S1: Symptomatic and tested positive	S2: Symptomatic, not tested (regardless of whether exposed or not)
<b>Treatment</b>	<p>COVID-19 treatment is available and recommended for people at higher risk for severe disease, but must be started within days after you first develop symptoms to be effective. Early testing after symptoms start is important.</p> <p>Please visit <a href="https://www.gov.mb.ca/health/health-services/health-links">Province of Manitoba   Treatment (gov.mb.ca)</a>, contact your health care provider or call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information.</p>	
<b>Isolation</b>	<p><b>If you have tested positive</b>, you should follow the guidance for isolation of COVID-19 cases as outlined below.</p>	<p><b>If your COVID-19 test results are negative</b>, you should stay home until you no longer have a fever and your symptoms have been improving for 24 hours. Isolation until your symptoms improve will also help reduce the spread of other respiratory viruses.</p> <p><b>If you test positive or you are not tested</b>, you should follow the guidance for isolation of COVID-19 cases as outlined below.</p>
<p><b>Isolation</b> for COVID-19 is recommended for 5 days after your symptoms started AND until you have no fever and your other symptoms have improved over the past 24 hours.</p> <p>In addition, for 10 days after your symptoms start:</p> <ul style="list-style-type: none"> <li>▪ wear a well-made, well-fitted mask in public settings</li> <li>▪ avoid visiting people who are at higher risk of severe disease</li> <li>▪ avoid non-essential visits to high risk settings (e.g. personal care homes, health care facilities).</li> </ul> <p>While isolating, you should stay in your own room and, if possible, use your own bathroom and not use common areas. Cover your cough in your arm, throw out used tissues, clean and disinfect surface areas frequently, perform hand hygiene frequently by handwashing or using an alcohol-based hand sanitizer and stay at least 6 feet, or 2 metres away from others, including other people in your household. For medical appointments, please phone to notify that you have respiratory symptoms and are isolating in order for them to advise you on how to proceed.</p> <p>Please see the COVID-19 fact sheet(s) for further information <a href="https://www.gov.mb.ca/health/health-services/health-links">Province of Manitoba   Resources for the Public (gov.mb.ca)</a>.</p>		
<b>Close Contacts</b>	<p>Close contacts such as household members, should self-monitor for symptoms for 14 days and are not required to self-isolate (quarantine) in the community.</p> <p>Household contacts can also reduce the risk of further spread for 10 days after their last exposure by:</p> <ul style="list-style-type: none"> <li>▪ wearing a well-made, well-fitted mask in public settings</li> <li>▪ avoid visiting people at higher risk of severe disease</li> <li>▪ avoid non-essential visits to high risk settings (e.g. personal care homes, health care facilities).</li> </ul>	
<b>Health Care Workers</b>	<p>HCW's who have symptoms, test positive for COVID-19, or have a case in their household should check for any return-to-work requirements put in place by occupational health or their designate.</p> <p>Please contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 if you require further advice.</p>	

ASYMPTOMATIC PATH	A1: Asymptomatic and tested positive	A2: Only one category B symptom	A3: Asymptomatic and exposed	A4: Asymptomatic and no exposures
<b>General Advice</b>	If your test result is positive, you are considered to have COVID-19. <b>You should immediately limit your contact with others, and isolate yourself at home.</b>	If you have only one symptom on this list and it has been less than 24 hours since the onset, <b>it is recommended that you stay home and limit contact with other people.</b>  After 24 hours, re-evaluate the situation to see if there is any change in your symptoms. If there is a change, re-take the self-assessment.	<b>Based on your responses:</b>  <ul style="list-style-type: none"> <li>▪ You do not need to isolate at this time.</li> <li>▪ You do not need to be tested for COVID-19 at this time. People who do not have symptoms of COVID-19 are not routinely tested</li> </ul>	<b>Based on your responses:</b>  <ul style="list-style-type: none"> <li>▪ You do not need to isolate at this time.</li> <li>▪ You do not need to be tested for COVID-19 at this time. People who do not have symptoms of COVID-19 are not routinely tested</li> </ul>
<b>Isolation and Self-Isolation (quarantine)</b>	If you have a positive test and don't develop symptoms, you should isolate for 5 days from the date of your positive test and follow the additional isolation recommendations as outlined below  If you develop symptoms of COVID-19 as listed in this screening tool, you should <b>continue</b> to isolate and follow the recommendations as outlined below.	If your symptoms do not change after 24 hours and you do not develop additional symptoms of COVID-19, and you have not tested positive, stay home until your symptoms have improved for 24 hours, or until your symptoms are explained by an alternate diagnosis.  If you only have one symptom, but you have a household member who has tested positive for COVID-19 in the last 14 days, you likely have COVID-19 and should follow the guidance for COVID-19 cases.  If you test negative on all tests, you can stop isolating when you no longer have a fever and your symptoms have been improving for 24 hours. Isolation until your symptoms improve will also help reduce the spread of other respiratory viruses.  If you test positive, or if you develop symptoms of COVID-19 and are not tested, you should <b>continue</b> isolating and follow the guidance for COVID-19 cases as outlined below.	If you are a close contact, such as a household member, you should self-monitor for symptoms and are not required to self-isolate (quarantine) in the community.  As a household contact you can also reduce the risk of further spread for 10 days after your exposure by:  <ul style="list-style-type: none"> <li>▪ wearing a well-made, well-fitted mask in public settings</li> <li>▪ avoid visiting people at higher risk of severe disease</li> <li>▪ avoid non-essential visits to high risk settings (e.g. personal care homes, health care settings).</li> </ul> If you develop symptoms of COVID-19, you should isolate immediately.  For further guidance you can call back to be re-screened or you can complete the online COVID-19 Screening Tool found at: <a href="https://sharedhealthmb.ca/covid19/screening-tool/">https://sharedhealthmb.ca/covid19/screening-tool/</a>	COVID-19 and other respiratory infections continue to circulate in Manitoba and around the world. Manitoba, like other jurisdictions, has largely returned to normal activities. However, there are steps we can take to protect ourselves and others from the impacts of COVID-19, especially during respiratory illness season, or if you or others are at a higher risk of severe illness from COVID-19.  <ul style="list-style-type: none"> <li>• Get vaccinated.</li> <li>• Stay home when you are sick.</li> <li>• Wash your hands or use alcohol-based hand sanitizer frequently.</li> <li>• Cover your cough / sneeze.</li> <li>• Consider wearing a mask in indoor public spaces.</li> <li>• Improve ventilation where possible and spend time visiting outdoors.</li> <li>• Know if COVID-19 treatment is recommended for you. .</li> <li>• Clean and disinfect surfaces and objects that are frequently touched by many people.</li> <li>• Each person may choose a different set of preventive steps they follow based on their own personal risk and preferences.</li> </ul>

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	<p>Isolation for COVID-19 is recommended for 5 days after your symptoms started <b>AND</b> until you have no fever and your other symptoms have improved over the past 24 hours.</p> <p>In addition, for 10 days after your symptoms start or test date (if you have no symptoms):</p> <ul style="list-style-type: none"> <li>▪ wear a well-made, well-fitted mask in public settings</li> <li>▪ avoid visiting people who are at higher risk of severe disease</li> <li>▪ avoid non-essential visits to high risk settings (e.g. personal care homes, health care facilities).</li> </ul> <p>While isolating, you should stay in your own room and, if possible, use your own bathroom and not use common areas. Cover your cough in your arm, throw out used tissues, clean and disinfect surface areas frequently, perform hand hygiene frequently by handwashing or using an alcohol based hand sanitizer and stay at least 6 feet, or 2 metres away from others, including other people in your household. For medical appointments, phone to notify that you have tested positive for COVID-19 and are isolating in order for them to advise you on how to proceed.</p> <p>Please see the COVID-19 fact sheet(s) for further information <a href="https://www.gov.mb.ca/health/publichealth/covid19/factsheets/">Province of Manitoba   Resources for the Public (gov.mb.ca)</a>.</p>			<p>If you develop symptoms of COVID-19, you should isolate immediately.</p> <p>For further guidance you can call back to be re-screened or you can complete the online COVID-19 Screening Tool found at:  <a href="https://sharedhealthmb.ca/covid19/screening-tool/">https://sharedhealthmb.ca/covid19/screening-tool/</a></p>
<b>Symptoms</b>	<b>If you develop severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you have COVID-19.</b>	<b>If you develop severe symptoms or difficulties breathing, call 911 or go to an Emergency Department and tell them you have symptoms of COVID-19.</b>	Not applicable	
<b>Testing</b>	If your positive test result was from a rapid antigen test, for most situations, you do not need a confirmatory PCR test. Public health recommends confirmatory PCR only for a few situations. For more information, visit <a href="https://www.gov.mb.ca/health/publichealth/covid19/testing/">Province of Manitoba   Testing Advice and Guidance (gov.mb.ca)</a>	If you are at higher risk of severe disease, you should be tested, even if you only have one symptom as treatment may be recommended for you if you test positive for COVID-19 See information below re: testing.	You do not need to be tested for COVID-19 at this time.  People who do not have symptoms of COVID-19 are not routinely tested.	

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		<p><b>Testing for COVID-19</b> is recommended for symptomatic people when a positive or negative result will inform decisions about your treatment or care, or for certain workplace settings.</p> <p>If you have had a previous COVID-19 infection, it is possible to have COVID-19 again. However, it is uncommon to get COVID-19 again within three to six months of your last infection.</p> <ul style="list-style-type: none"> <li>▪ If it has been less than four months since your last COVID-19 infection and you have symptoms again, testing is not routinely recommended, but you should continue to self-isolate until you do not have fever and your other symptoms have been improving over the past 24 hours. However, if you are at high risk of severe disease, health care providers may recommend testing regardless of the time since your previous infection.</li> <li>▪ If it has been more than four months since your last COVID-19 infection and you have symptoms again, testing can help determine if you have COVID-19.</li> </ul> <p>Please see <a href="https://www.gov.mb.ca/health/healthcare/testing">Province of Manitoba   Testing Advice and Guidance (gov.mb.ca)</a> for more information on PCR testing eligibility through your health care provider.</p> <p>If you are not eligible for PCR testing and have access to rapid antigen tests you can test yourself at home if you develop symptoms. If you have a negative result</p>		

ASYMPTOMATIC PATH	A1: Asymptomatic and tested positive	A2: Only one category B symptom	A3: Asymptomatic and exposed	A4: Asymptomatic and no exposures
		<p>do not assume you are negative for COVID-19. If you continue to feel sick or your symptoms get worse, it is recommended you take at least one more test and wait one to two days between tests. If all tests are negative, you can resume your regular activities as long as you have no fever and your symptoms have been improving for 24 hours.</p> <p>Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate and follow guidance for COVID-19 cases.</p> <p>For more information on rapid antigen tests and how to use them, see:  <a href="#">COVID 19 - Rapid Antigen Tests (RATs) (gov.mb.ca)</a></p>		
<b>Treatment</b>	<p><b>If you develop symptoms, treatment</b> for COVID-19 is available and recommended for symptomatic people at higher risk of severe disease. See information below:</p> <p>Treatment must be started within days after you first develop symptoms to be effective.</p> <p>Please visit <a href="#">Province of Manitoba   Treatment (gov.mb.ca)</a>, contact your health care provider, or call Health Links – Info Santé (204-788-8200 or 1-888-315-9257) for more information and to find out if treatment may be recommended for you.</p>	<p>If you are at higher risk of severe disease, you should be tested, even if you only have one symptom, as treatment may be recommended for you if you test positive. See information below:</p>	Not applicable	
<b>Close Contacts</b>	<p>Close contacts such as household members should follow the below guidance.</p>	<p>If you test positive, or develop symptoms of COVID-19 and are not tested, close contacts should follow the below guidance.</p>	Not applicable	

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