



## Health, Seniors and Active Living

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Dear Parents/Caregivers,

Adjusting to living with the risk of COVID-19 in our communities is a challenge for us all. As you and your child(ren) prepare for school in September, parents/caregivers and teachers all need to work together to help students adapt to new routines. It is important to teach your child(ren) the importance of following physical distancing, and staying home when they are sick. It is also important to teach them when and how to wash their hands correctly and how to cough or sneeze into a tissue or their sleeve. These are all important steps to help protect children and others, and reduce the spread of respiratory illnesses, including COVID-19.

The following are important principles that are key to ensuring the return to school is as safe as possible:

- Children who are sick must stay home from school, even if mildly ill or if you think their sickness is unrelated to COVID-19.
- Children who have [symptoms](#) of COVID-19 should stay home and isolate.
- Call Health Links – Info Santé for advice on testing for COVID-19 and information about when your child can stop isolating and return to school.
- If testing is recommended, it is important to get tested as soon as possible to limit the spread of COVID-19.

Everyone is working to limit the spread of COVID-19 in Manitoba, but we will see cases linked to schools. Be assured that public health investigations begin within 24 hours of a confirmed laboratory case. If there is a confirmed case of COVID-19 linked to your child(ren)'s school, parents of students who may have been exposed will be contacted by public health officials and given instructions for self-isolation (quarantine); testing may be recommended. If you are not contacted by public health officials, your child(ren) were not deemed to be exposed from this case and no further action is required.

Please refer to [http://manitoba.ca/asset\\_library/en/covid/K12ResponseManagement.pdf](http://manitoba.ca/asset_library/en/covid/K12ResponseManagement.pdf) for detailed information on the notification process and public health response should there be a confirmed case of COVID-19 in your child's school.

Sincerely,

**Dr. Brent Roussin, MD, JD, MPH, FRCPC**  
Manitoba Chief Provincial Public Health Officer  
Manitoba Health, Seniors and Active Living

# #RESTART<sup>↑</sup>MB

## RESTORING SAFE SCHOOLS



French versions of all listed documents and web pages will be available soon.

- Parent Website  
<https://www.edu.gov.mb.ca/k12/covid/index.html>
- COVID-19 Screening Questions  
Symptom and exposure screening questions  
[https://www.gov.mb.ca/asset\\_library/en/coronavirus/covid19\\_screening\\_checklist.pdf](https://www.gov.mb.ca/asset_library/en/coronavirus/covid19_screening_checklist.pdf)
- *Welcoming our Students Back: Restoring Safe Schools: A Guide for Parents, Caregivers and Students: What to Expect When Welcomed Back to School*  
Detailed information on COVID-19 in K–12 school settings, practice guidance, and protocols [https://manitoba.ca/asset\\_library/en/covid/parent-guide-sept1.pdf](https://manitoba.ca/asset_library/en/covid/parent-guide-sept1.pdf)
- *Restoring Safe Schools—What To Expect When Welcomed Back To School*  
A brief summary on what to expect when students go back to school  
[https://manitoba.ca/asset\\_library/en/covid/k12-parent-fact-sheet.pdf](https://manitoba.ca/asset_library/en/covid/k12-parent-fact-sheet.pdf)
- Summary for Parents and Caregivers about the *Pandemic Response System*  
Learn more about the *Pandemic Response System*, the main tool that the schools will use to communicate with you about the current response level and the public health practices in place at your school  
[https://manitoba.ca/asset\\_library/en/covid/prs-parent-summary.pdf](https://manitoba.ca/asset_library/en/covid/prs-parent-summary.pdf)

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## RESTORING SAFE SCHOOLS



- *Guidance for Mask Use in Schools*

Detailed guidance on mask usage

[https://www.edu.gov.mb.ca/k12/covid/docs/mask\\_guidance.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/mask_guidance.pdf) (English)

[https://www.edu.gov.mb.ca/m12/covid/docs/conseils\\_utilisation\\_masque.pdf](https://www.edu.gov.mb.ca/m12/covid/docs/conseils_utilisation_masque.pdf) (French)

- *COVID-19 Response Management in K–12 Schools and Early Learning Child Care Centres*

Overview of what to expect if there is a confirmed case of COVID-19 linked to a child care centre or school

[https://manitoba.ca/asset\\_library/en/covid/K12ResponseManagement.pdf](https://manitoba.ca/asset_library/en/covid/K12ResponseManagement.pdf)

### Other Resources

- Engage MB

<https://engagemb.ca/>

- Restoring Safe Services

<https://www.gov.mb.ca/covid19/restoring/index.html>

- #RESTARTMB Pandemic Response System

<https://www.gov.mb.ca/covid19/restartmb/index.html>

### Symptom and exposure screening questions (check all that apply)

| Do you have a new onset, or worsening, of any ONE of the following symptoms? |   | Yes | No |
|--|---|-----|----|
| <input type="checkbox"/>   | • fever > 38°C or think you have a fever or chills  |     |    |
| <input type="checkbox"/>   | • cough   |     |    |
| <input type="checkbox"/>   | • sore throat/ hoarse voice   |     |    |
| <input type="checkbox"/>   | • shortness of breath/ breathing difficulties   |     |    |
| <input type="checkbox"/>   | • loss of taste or smell  |     |    |
| <input type="checkbox"/>   | • vomiting or diarrhea for more than 24 hours   |     |    |
| <b>If "yes" to any one of the above, DO NOT ENTER</b>                        |   |     |    |
| Do you have a new onset, or worsening, of any TWO of the following symptoms? |   | Yes | No |
| <input type="checkbox"/>   | • runny nose  |     |    |
| <input type="checkbox"/>   | • muscle aches  |     |    |
| <input type="checkbox"/>   | • fatigue   |     |    |
| <input type="checkbox"/>   | • conjunctivitis (pink eye)   |     |    |
| <input type="checkbox"/>   | • headache  |     |    |
| <input type="checkbox"/>   | • skin rash of unknown cause  |     |    |
| <input type="checkbox"/>   | • nausea or loss of appetite  |     |    |
| <input type="checkbox"/>   | • poor feeding (if an infant)   |     |    |
| <b>If "yes" to any two of the above, DO NOT ENTER</b>                        |   |     |    |
| Exposure history   |   | Yes | No |
| 1.   | Have you been in close contact (within two metres/ six feet for more than 15 minutes) 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 travelled outside of Canada, or within Canada, east of Terrace Bay, Ontario in the past 14 days?   |     |    |
| 4.   | <b>A.</b> In the last 14 days has anyone living in your household travelled outside of Canada, or within Canada, east of Terrace Bay, Ontario? If yes, proceed to question 4B. If no, do not complete 4B or 4C.   |     |    |
|  | <b>B.</b> IF YES to 4A, is your household traveller exempt from self-isolation (quarantine) requirements ( <a href="http://www.manitoba.ca/covid19/soe.html">www.manitoba.ca/covid19/soe.html</a> )? If no, proceed to question 4C. If yes, do not complete 4C. |     |    |
|  | <b>C.</b> If NO to 4B, have you been in close contact with the household traveller in the last 14 days since their return from travel?  |     |    |
| <b>If "yes" to question 1, 2, 3, or 4C - DO NOT ENTER</b>                    |   |     |    |

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](http://www.manitoba.ca/covid19)