

**COVID-19
INFORMATION**

Individuals in Winnipeg directed by Health Links–Info Santé to be tested for COVID-19 will be asked to visit a community screening location. The community screening locations include:

- Access Winnipeg West, 280 Booth Dr.;
- Access Fort Garry, 135 Plaza Dr.;
- Mount Carmel Clinic, 886 Main St.; and
- Access Transcona, 845 Regent Ave. W.

Testing at these sites will be available Monday to Friday 9 a.m. to 7 p.m., and Saturday and Sunday 9 a.m. to 4 p.m. Those who require screening, assessment and/or testing after hours will still be directed to urgent care sites and emergency departments.

Individuals in rural Manitoba directed by Health Links–Info Santé to be tested for COVID-19 will be asked to visit a community screening location. This includes:

- Thompson Clinic in the Plaza Mall, Thompson from 9 a.m. to 4 p.m.

As of Monday, March 16, access to courthouses and circuit court locations is restricted to people who are necessary to the court proceedings, such as counsel, witnesses and the accused. All jury trials scheduled before June 30 will proceed with a judge alone or be rescheduled to a later date. All public tours of the Law Courts Building, including school visits and mock trials, are postponed until further notice. For more information, visit: www.manitobacourts.mb.ca/news/covid-19-manitoba-court-schedule-changes/.

In keeping with social distancing strategies outlined to Manitobans and in consultation with key stakeholders, public health officials have advised suspending classes in Manitoba kindergarten to Grade 12 schools effective March 23 to April 10. This is being done to help reduce the spread of COVID-19 in Manitoba.

Public health officials are also advising schools and educational institutions to:

- ensure ill staff and students stay home from school, and support those who are self-isolating at home to ensure they do not fall behind in their studies;
- reduce activities in large groups and crowds;
- increase desk distance between students; and
- consider implementing virtual or online classrooms to reduce the number of people in classrooms and increase distance between staff and students.

As the COVID-19 pandemic evolves, all Manitobans have a role to play in slowing its spread and minimizing its impact on the health-care system and in communities.

Social distancing strategies for all Manitobans include:

- cancelling or postponing any large-scale events with more than 250 attendees;
- minimizing prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public;
- avoiding greetings that involve touching such as handshakes;
- disinfecting frequently used surfaces;
- following public health advice related to self-monitoring and self-isolation if you have travelled or have been exposed to someone ill with the virus; and
- considering avoiding travel, crowded places and events, especially if you are at higher risk.

Employers should review their business continuity plans and take steps to ensure employees can stay home when ill, without facing barriers such as the requirement for sick notes and work from home if possible. Employers should also discontinue non-essential, work-related travel outside of Manitoba and encourage virtual meetings to reduce prolonged, close contact between individuals.

People are encouraged to take common prevention measures including regular handwashing with soap and warm water for at least 15 seconds. Make sure to dry hands thoroughly.

Alternatively, people can use an alcohol-based hand cleanser if their hands are not visibly dirty. People should also cover their mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into their sleeve.

Being prepared also means seeking official sources of information to ensure the most up-to-date and accurate information is being used. Manitoba Health, Seniors and Active Living is also urging media to exercise caution in reporting information related to the evolving COVID-19 situation and to avoid hearsay or speculation, as this can spread misinformation.