

DEPARTMENT OF FAMILIES CIRCULAR

Date: May 13, 2021

CIRCULAR NUMBER: COVID-19 2021-24

To: Early Learning and Child Care facilities, Community Living disABILITY Services service providers and Child and Family Services group care providers

Subject: Public Health Direction – Self-Isolation (Quarantine) Exemptions

Replaces: COVID-19 2021-10

Type: Policy

Procedure

Effective Date: Immediately

Self-Isolation Recommendations

To help limit the spread of COVID-19, public health recommends that entire households self-isolate (quarantine) if a household member:

- has COVID-19 symptoms
- has been identified as a close contact to a confirmed COVID-19 case and been instructed to self-isolate by a public health official, or
- has returned from travel without an exemption to the [Self-Isolation Order for Persons Entering Manitoba](#) and has close contact with another household member

Exemptions to Self-Isolation Recommendations for Household Members

Household members do not have to self-isolate (quarantine) if they are asymptomatic **and**:

- are fully immunized (i.e., two weeks since their second dose) at the time of exposure and do not have a medical condition (e.g., immunocompromised) that would impact vaccine effectiveness, **or**
- have had a COVID-19 infection in the past three months

Exemptions are also in place for household members who are critical service workers in the Early Learning and Child Care (ELCC), Community Living disABILITY Services (CLDS) or

Child and Family Services (CFS) group care sectors who are required to wear PPE at work and meet additional requirements as outlined below.

If a critical service worker is a household member of an individual who has been recommended or required to self-isolate/isolate, the exemption applies if the critical service worker is asymptomatic **and**:

- the critical service worker self-isolates when not at work
- the individual who has COVID-19 symptoms, is a close contact, or is a returning traveler can isolate/self-isolate from the critical service worker, **and**
- If there is a close contact or returning traveler in the home, everyone in the household is asymptomatic

These exemptions only apply to household members, and do not apply when a critical service worker themselves has:

- **COVID-19 symptoms**
- **been identified as a close contact and been instructed to self-isolate by a public health official, or**
- **returned from travel without an exemption to the Self-Isolation Order for Persons Entering Manitoba**

Public health will advise close contacts of any self-isolation exemptions that may apply.

How to Self-Isolate

For critical service workers who are exempt from the public health recommendation that all household members self-isolate in the situations outlined above, it is very important that the critical service worker's household follows all public health recommendations about how to self-isolate. Refer to <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html> for detailed information.

Length of Self-Isolation for Household Members

The length of self-isolation depends on the reason why household members are self-isolating:

- If a household is self-isolating because a member of their household has COVID-19 symptoms, household members should self-isolate until the symptomatic individual has a negative test result, or until the symptomatic person completes their isolation (at least 10 days after symptom onset and until 24 hours after symptoms have resolved).
- If a household is self-isolating because a member of their household is a close contact, household members should self-isolate until the close contact has received a negative test result obtained at least seven days after their last exposure to the confirmed COVID-19 case or if not tested, until the close contact's self-isolation period is over. A public health official will advise the close contact of their self-isolation requirements.

- If a household is self-isolating because a member of their household has returned from travel without an exemption to the Self-Isolation Order for Persons Entering Manitoba:
 - If the traveler remains asymptomatic, household members should self-isolate for the traveler's 14-day self-isolation period.
 - If the traveler develops symptoms and does not get tested, the traveler needs to finish their 14 day self-isolation, plus 10 days from when their symptoms started and until 24 hours after symptoms have resolved. Household members should self-isolate for same duration.
 - If the traveler develops symptoms, gets tested and test result is negative, the traveler needs to finish the 14 day self-isolation and until symptoms have resolved for 24 hours. Household members should self-isolate for the same duration.

Variants of Concern

Public health is now treating the management of all COVID-19 strains the same. This means the exemptions outlined above for household members of individuals who are a close contact apply regardless of whether the close contact is linked to a variant of concern. In addition, public health is no longer notifying confirmed COVID-19 cases if they have tested positive for the B.1.1.7 variant of concern. For more information about the management of variants of concern, refer to <https://gov.mb.ca/covid19/fundamentals/variants.html>.

Home-Based Child Care Facilities

Home-based child care facilities will be required to close for a period of time if a household member is awaiting COVID-19 test results, or is deemed to be a close contact of a confirmed COVID-19 case. However, they do not need to close if a child attending the program or their parent/household reports being a close contact or being symptomatic. These individuals should not attend child care while awaiting results, but the child care facility can remain open. If the home-based provider is subsequently named as a close contact, they would need to temporarily close at that point.

More Information for the ELCC, CLDS and CFS Sectors

Critical service workers must not attend work if they are ill or exhibiting any cold or flu-like symptoms, even if the symptoms are very mild. In addition, critical service workers must [self-screen](#) before each shift. If screening indicates possible exposure to COVID-19, critical service workers must contact Health Links – Info Santé at 204-788-8200 or 1-888-315-9257.

Individuals in the CLDS program can request Screening and Support Team assistance at RRT@gov.mb.ca or 1-866-906-0901.

Operators in the CFS group care sector can request Screening and Self-Isolation assistance at cfs-incidentreporting@gov.mb.ca by indicating “CFS Pandemic Response Nurse Consult Request” in the subject line or by contacting Gord Henwood at gord.henwood@gov.mb.ca or at (204) 795-0460 during business hours.

For information about what to do if a public health official informs you that you are a close contact, refer to: <https://www.gov.mb.ca/covid19/testing/monitoring/close-contacts.html>.

For the latest provincial public health information on COVID-19, visit: www.manitoba.ca/covid19.