

November 3, 2020



Dear School/Educational Institute Leaders:

The Prairie Mountain Health Public Health team have been noting that most students and staff are staying home when ill as per Provincial Public Health guidelines. However, we are noting with concern, that various students/staff are returning to school 24 hrs (and sometimes even less time) after symptom resolution without going for a COVID 19 test. There is the potential that such a person could be positive for COVID 19 (even if feeling better) and be infectious.

I wanted to connect with you today to share this reminder of the recommended guidelines for returning to school following illness. Any student or staff member that have any COVID 19 type symptom(s), even if mild, must follow these guidelines in order to decrease potential transmission of COVID 19 at our schools / educational institutions.

From the Department of Education's FAQ,
https://www.edu.gov.mb.ca/k12/covid/docs/ga_welcome_back_combined.pdf

- **How long does a person need to isolate if they have flu-like or COVID-19 symptoms and they have a test that says they do not have COVID-19?** They may return to work or school 24 hours after they are symptom-free if they have a COVID-19 test and the result confirms that they do not have COVID-19.
- **How long does a person need to isolate if they have a COVID-19 test that shows they have COVID-19?** They must isolate for a minimum of 10 days following a positive COVID-19 test, and until their symptoms have resolved for 24 hours. Public Health will notify them when they can come out of isolation.
- **How long does a person need to isolate if they have flu-like or COVID-19 symptoms and do not get tested for COVID-19?** They must isolate for 10 days following the onset of symptoms. They can stop isolation at Day 10 if they have been symptom-free for 24 hours.

I would appreciate if you could share this important reminder with your staff, your students and their parents / caregivers.

Sincerely,



Dr. Amy Frykoda, MD, CCFP, FCFP, MSc
Medical Officer of Health
Manitoba Health