



Health and Seniors Care

Population & Public Health Branch

4003 – 300 Carlton St., Winnipeg, Manitoba, Canada R3B 03M9

T 204-786-7246 F 204-948-2040

www.manitoba.ca

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Dear International Students,

We are pleased you have chosen to study in Manitoba. Our province has taken great measures to prevent the spread of COVID-19 and ensure all those living in our province stay safe and healthy.

We wanted to take this opportunity to remind all students how to protect themselves and others during this time.

Fundamentals & Public Health Orders	<p>Focus on the fundamentals:</p> <ul style="list-style-type: none">• Stay home when you are sick, even if only mildly ill• Practice physical distancing• Wear a mask• Wash your hands frequently• Cover your cough/sneeze <p>For fact sheets on physical distancing and videos about the fundamentals in multiple languages, visit: www.gov.mb.ca/covide19/updates/resources.html</p> <p>All Manitobans and visiting students are required to follow the public health orders. To view the current health orders, please visit: www.gov.mb.ca/covid19/prs/orders/</p>
Vaccinations & Immunization Records	<p>Get vaccinated as soon as possible.</p> <p>Vaccinations</p> <p>Government of Manitoba will administer the vaccine to non-Manitoba residents who have been isolating in Manitoba for at least 14 days, and who will remain in Manitoba for a further 16 days minimum, resulting in a total stay of no less than 30 days. Non-residents must meet the minimum age requirement for each vaccine as listed in the eligibility criteria found</p>

	<p>here: www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html. Temporary residents, must provide proof of date of entry to Manitoba, as well as documentation to support the reason and anticipated length of their stay (e.g., student visa, work visa, immigration documents).</p> <p>International students do not require a Manitoba Health Card to be vaccinated. Appointments must be made by calling 1-844-626-8222 (not online). Students should call for an appointment as soon as possible upon arrival in Manitoba. They must indicate on the call that they are an international student</p> <p>When attending for their appointment, non-Canadians must present a valid Passport ID. All persons must complete the required consent form prior to their appointment, and bring it with them. Please note that certain areas of the form will not apply to non-residents, and should be left blank. Immunization staff will collect alternate information as required, during the appointment.</p> <p>Students who have received their first dose in their home country are eligible to receive a second dose in Manitoba. If their first dose was a vaccine not approved in Canada, healthcare professionals will advise them as to their vaccination schedule in Manitoba.</p> <p>More information on vaccines can be found at #ProtectMB (protectmb.ca).</p> <p>Immunization Records At this time, an immunization card is only available for people with a Manitoba health card.</p> <p>Individuals that have received vaccination in Manitoba can always contact local public health offices (www.gov.mb.ca/health/publichealth/offices.html) and get an official immunization record.</p>
<p>COVID Testing</p>	<p>It is important to go for testing as soon as you start to feel unwell, even if you are only mildly ill. Identifying and isolating positive cases, as well as identifying and isolating any close contacts as quickly as possible is important for reducing the transmission of COVID-19 in communities.</p> <p>For information on symptoms, testing, location of testing sites, and viewing results, visit: www.gov.mb.ca/covid19/</p>
<p>Self-Isolation (or Quarantine) 14-days</p>	<p>Close Contact If you have come into close contact with someone who has tested positive, you are asked to self-isolate and monitor for symptoms for up to 14-days. You may not feel sick, but it is still possible to transmit COVID-19 before you start showing</p>

symptoms (which can take up to 14-days) or without ever developing symptoms. Fully vaccinated individuals (two weeks, following second dose) may not have to self-isolate. Public health will provide direction for vaccinated individuals.

Household Member is Self-Isolating or Isolating

If you live with a person that is self-isolating or isolating it is critical to self-isolate.

Travelled Outside the Province

If you have travelled outside the province, you must self-isolate immediately upon arrival in Manitoba for 14-days, unless you are fully vaccinated. You are required to follow your institutions' instructions for entering the province and quarantining.

What does self-isolation mean?

Self-isolation means avoiding situations where you could infect other people. DO NOT attend activities or gatherings where you may come in close contact with other people. This includes work, university, public transport (plane/bus/taxi/carpool), health-care facilities, faith-based facilities (church), grocery stores, restaurants, retail stores, and gatherings with friends or family from outside of your home.

Within your home:

- Avoid contact with family members and roommates
 - Stay in a separate room
 - Use a separate bathroom or frequently clean a shared bathroom
 - Avoid common areas
 - If you must leave room, wear a mask and socially distance
 - Avoid using shared or personal items
- Keep your environment clean
 - Clean and disinfect high-use items twice daily (e.g., toilets, taps, doorknobs, light switches, electronics)
 - Clean and disinfect bathrooms and common areas frequently
 - Use hot water when using dishwashers or washing machines
- Avoid contacts with pets
- Do not have visitors to your home

Leave your home if you require emergency or urgent medical care.

For more information on self-isolation and isolation, visit:
www.gov.mb.ca/covid19/fundamentals/self-isolation.html

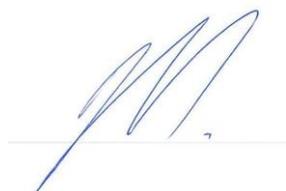
Isolation
10 –days

If you test positive, you are required to isolate for up to 10-days or until you no longer display symptoms. You are required to stay away from

	<p>others who are not sick to avoid spreading the illness. Public health will advise when you can end your isolation.</p> <p>You must also isolate if you are waiting for COVID-19 test results or if you have COVID-19 symptoms.</p> <p>For more information on self-isolation and isolation, visit: www.gov.mb.ca/covid19/fundamentals/self-isolation.html</p>
<p>Alternative Isolation Accommodations</p>	<p>For close contacts or those testing positive that are unable to safely isolate, alternative isolation accommodations are available. The services provided include accommodations, meals, daily-supervised walks, health-care support/monitoring services, and daily wellness checks. No visitors are permitted.</p> <p>A referral is required for these services. For more information contact Health Links-Info Santé in Winnipeg at 204-788-8200 or toll free elsewhere in Manitoba 1-888-315-9257.</p>

Should you have questions or concerns related to COVID-19, please visit www.gov.mb.ca/covid19 or call **Health Links–Info Santé** in Winnipeg at 204-788-8200; toll free elsewhere in Manitoba 1-888-315-9257.

Sincerely,



Dr. Jazz Atwal, MD, MPH, FRCPC
 Manitoba Deputy Chief Provincial Public Health Officer
 Manitoba Health & Seniors Care