

DEPARTMENT OF FAMILIES CIRCULAR

**Date:** February 25, 2022

**CIRCULAR NUMBER:** COVID-19 2022-03r

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**To:** Department of Families staff  
Children's disABILITY Services service providers  
Community Living disABILITY Services service providers  
Child and Family Services service providers (including Authorities, agencies and  
Community Care Providers)  
Early Learning and Child Care facilities  
Family Violence Prevention Program service providers  
Homelessness service providers  
Social housing providers

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

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**Type:**  Policy  
 Procedure

**Effective Date:** Immediately

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Isolation Requirements for People who Test Positive for COVID-19

People who test positive for COVID-19 on a test taken at a lab or at a provincial testing site (a polymerase chain reaction/PCR test or rapid test) or on a self-administered rapid test must isolate. People who have COVID-19 symptoms, regardless of whether they believe they have been exposed to COVID-19, must also isolate.

There are different isolation periods depending on the person's COVID-19 vaccination status:

- People who are fully vaccinated and do not have symptoms need to isolate for five days from the date of their positive test.
- People who are fully vaccinated and have symptoms need to isolate for five days from the day their symptoms started or the date of the test, whichever is later. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.
- People who are not fully vaccinated need to isolate for 10 days from **the day their symptoms started or the date of their positive test, whichever is later**. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.

Fully vaccinated people who have finished their isolation must wear a medical-grade mask (not a cloth mask) in public settings for five days and avoid any non-essential visits (i.e., not essential work) to high-risk settings or non-essential contact with individuals at risk for severe disease.

### Self-Isolation (Quarantine) Requirements for People who are Close Contacts and are Asymptomatic

**As of February 15, 2022, close contacts, such as household members, are no longer required to self-isolate (quarantine). However, public health recommends that household members of someone who has symptoms or who has tested positive for COVID-19, self-monitor for symptoms of COVID-19 for 14 days after their exposure. They should also be very cautious during their self-monitoring period and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19.**

### Isolation Requirements for Symptomatic Individuals

People who have COVID-19 symptoms, regardless of whether they believe they have been exposed to COVID-19, must isolate. For information on eligibility for testing for symptomatic individuals, see: <https://manitoba.ca/covid19/testing/testing-eligibility.html>.

There are different isolation periods depending on the person's COVID-19 vaccination status:

- People who are fully vaccinated need to isolate for five days from the day their symptoms started or the date of the test, whichever is later. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.
- People who are not fully vaccinated need to isolate for 10 days from the day their symptoms started or the date of the test, whichever is later. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.

### Symptomatic Critical Service Workers with Negative COVID-19 Test Results

Symptomatic staff working in the Early Learning and Child Care (ELCC), Community Living disABILITY Services (CLDS), Child and Family Services (CFS) group care, homeless and family violence shelter sectors may be able to return to work while still symptomatic if they have tested negative for COVID-19 and have mild and improving symptoms. **Please refer to [COVID-19 Circular 2021-69r\(2\) – Staff Screening](#) for more information.** Note that when not at work, these individuals should continue to avoid non-essential outings, large groups, visits to high-risk settings and contact with individuals at risk for severe disease.

Please note that there is no need for critical staff to provide two negative rapid antigen tests if they are returning to work after completing their full isolation period as per Isolation Requirements for Symptomatic People, above.

**Staff who test positive for COVID-19 must follow public health isolation requirements.**

**Staff working in a congregate living setting (family violence and homeless shelters, CFS group homes, and CLDS residential shift-staffed homes) who test positive for COVID-19 on a rapid test, are eligible for a PCR test at a provincial testing site.** For more information, see: <https://manitoba.ca/covid19/testing/testing-eligibility.html>.

## Emergency Exemption for CLDS or CFS Group Care, and Homeless and Family Violence Shelters

In the event of a crisis situation in which CLDS or CFS Group Care providers, or homeless or family violence shelters cannot meet minimum staffing requirements, an emergency exemption for staff may be granted once the agency's business continuity plan has been implemented and exhausted. An exemption may be granted by a Medical Officer of Health to end isolation sooner for fully immunized cases that meet certain criteria.

If an agency is facing a crisis situation, please contact the Rapid Response Team of the Department of Families at 1-866-906-0901. The team is available 24 hours a day including weekends and holidays. The department will consult with the Medical Officer of Health to provide further direction on the exemption.

Please note that for CFS group care, homeless shelters and family violence shelters, the Rapid Response Team is only able to provide support related to isolation exemptions for staffing crisis situations.

## Home-Based Child Care Facilities

**Home-based child care facilities are required to close for a period of time if the provider has tested positive for COVID-19, is symptomatic, and/or is awaiting COVID-19 test results. To limit risk of exposure to the children attending the child care facility, it is strongly recommended that home-based child care facilities close for a period of time if a resident in the home has tested positive for COVID-19, is symptomatic, and/or is awaiting COVID-19 test results and cannot reliably isolate from other household members and children attending the child care home.**

**A home-based child care facility does not need to close if a child attending the program or the child's parent/household reports being symptomatic or has tested positive for COVID-19. These individuals should not attend child care until the isolation requirement is completed or a negative test is received, but the child care facility can remain open. The home-based provider should self-monitor for symptoms; should symptoms develop, they would be required to temporarily close, be tested and/or follow public health isolation requirements as a presumed case.**

## More Information for the CLDS and CFS Sectors

Individuals in the CLDS program can request Rapid Response Team assistance at [RRT@gov.mb.ca](mailto: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](mailto: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](mailto:gord.henwood@gov.mb.ca) or at 204-795-0460 during business hours.

## Other information

Detailed information on self-isolation is available at: <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>. For the latest provincial public health information on COVID-19, visit: [www.manitoba.ca/covid19](http://www.manitoba.ca/covid19).

Attachment: Frequently Asked Questions

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### Q: How is “fully vaccinated” defined?

A: Individuals are considered fully immunized:

- two (2) weeks after their second dose in a two-dose series, such as the Pfizer, Moderna, or Astra Zeneca vaccines, or
- two (2) weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine

If other types of vaccines were received, or for more information, see:

<https://www.gov.mb.ca/covid19/fundamentals/life-after-immunization.html>

### Q: Who is considered to be a “critical service worker”?

A: The Departments of Education and Families are using the same definition of critical service workers, which includes:

1. Health and health services providers
2. Child care workers (early childhood educators, child care assistants, centre administrators and support staff)
3. Kindergarten-to-Grade 12 education providers (teachers, administrators and support staff)
4. Law enforcement
5. Corrections workers
6. Fire and paramedic first responders
7. Direct social services and child protection workers

Examples of frontline “direct social services workers” that would be considered critical service workers are:

- Child and Youth Care Practitioners working in group/residential care settings
- Staff working in Child and Family Services (CFS) group homes
- Community Living disABILITY Services (CLDS) direct service workers
- CLDS and Children’s disABILITY Services (CDS) direct support providers and respite providers
- Community service workers, behavioral specialists, resource assistants and clinical professionals who support CFS, CLDS and CDS families and children
- Staff who process Child and Adult Abuse Registry Checks
- CLDS and CFS licensing specialists and provincial investigators
- StreetReach staff
- Adoption staff
- CFS Agency and Authority staff
- Child development and autism outreach staff
- Employment and Income Assistance front-line staff
- Homeless and family violence shelter staff
- Social housing front-line staff

### Q: If I develop symptoms while at work, can I finish my shift?

A: No. You must immediately isolate, to the extent possible while maintaining client/child safety. You should inform your supervisor as soon as possible so that alternate staffing

arrangements can be made, if needed. Contact Health Links – Info Santé or consult the [online screening tool](#) for further guidance on testing and isolation.

Staff in the CLDS sector can contact the Rapid Response Team at [RRT@gov.mb.ca](mailto:RRT@gov.mb.ca) or 1-866-906-0901.

**Q: How can I contact Health Links – Info Santé?**

A: Health Links – Info Santé is available 24/7 and can be contacted by phone at 204-788-8200 or (toll free) 1-888-315-9257.