

# COVID-19

## General Guidance for Prevention

September 2020

# Where should I get information?

**Manitoba Health:**

<https://www.gov.mb.ca/covid19/index.html>

**Shared Health** has information for health care providers <https://sharedhealthmb.ca/covid19/>  
(but also some posters and print materials!)

# What is COVID-19?

- COVID-19 is the infectious disease caused by the most recently discovered coronavirus.
- This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.
- COVID-19 is now a pandemic affecting many countries globally.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>

# How is COVID-19 spread?

- People can catch COVID-19 from others who have the virus.
- The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks.
- These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected-by touching these objects or surfaces, then touching their eyes, nose or mouth.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>



# **#RESTART<sup>↑</sup>MB Pandemic Response System**



## **CRITICAL LEVEL**

Community spread of COVID-19 is not contained and/or there are significant strains on our health care system



## **RESTRICTED LEVEL**

Community transmission of COVID-19 is occurring



## **CAUTION LEVEL**

Community transmission is at low levels



## **LIMITED RISK LEVEL**

The spread of COVID-19 is broadly contained. Vaccine and/or effective treatment for COVID-19 are available.

<https://manitoba.ca/covid19/restartmb/prs/system/index.html>

What are the fundamentals of  
COVID-19 precautions?

# Stay Home if you are Sick



# Wash Your Hands



<https://sharedhealthmb.ca/files/precautions-to-follow-letter.pdf>



# Avoid Greetings that Involve Touching



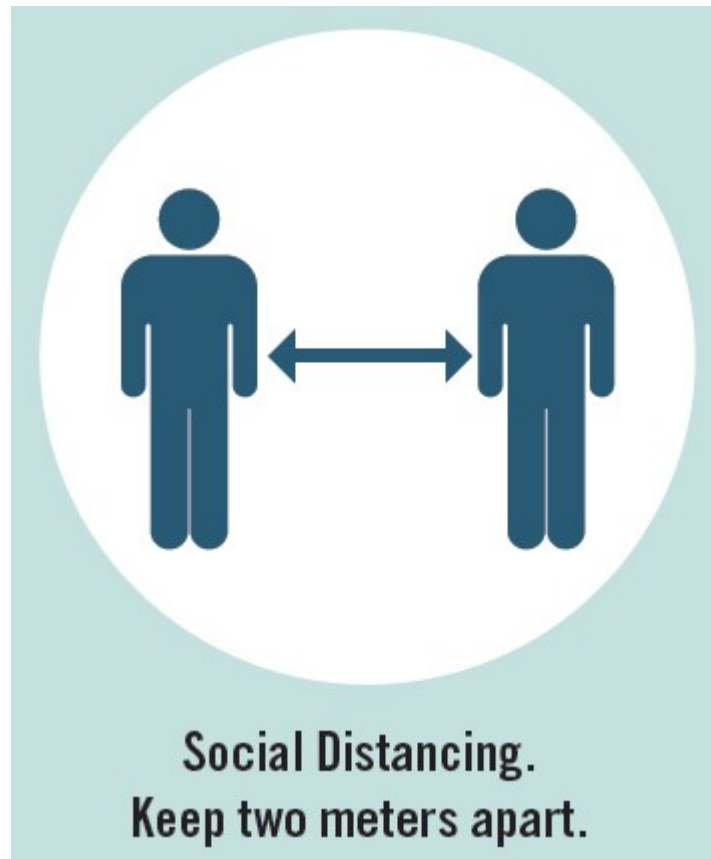
<https://sharedhealthmb.ca/files/precautions-to-follow-letter.pdf>

# Cover your Cough or Sneeze



<https://sharedhealthmb.ca/files/precautions-to-follow-letter.pdf>

# Physical (Social) Distancing



<https://sharedhealthmb.ca/files/precautions-to-follow-letter.pdf>



## Help stop the spread of COVID-19

Symptoms of COVID-19 range from mild (e.g., fever, cough, runny nose and sore throat) to severe (e.g., shortness of breath and breathing difficulties).

### Protect yourself and others



Wash your hands often with soap and water for at least 15 seconds.



Avoid greetings like handshakes and hugs.



Cover your cough or sneeze. Cough into your sleeve or elbow, not into your hand.



Don't touch your eyes, nose, and mouth.



Stay at least 2 metres (6 feet) away from people.



Don't share items.





# HAND HYGIENE

## USING SOAP AND WATER

Use in all situations where soap and water are available

- Rinse hands with warm running water, add soap to palms and rub hands together to create lather
- Thoroughly cover all the surfaces of your hands and fingers (including nails) for 15 to 20 seconds
- Rinse under warm running water
- Dry hands thoroughly with single-use towel or hand dryer
- Turn off the tap with a clean paper towel

## USING AN ALCOHOL-BASED HAND RUB

Use when soap and water are NOT available, except if hands are visibly soiled

- Take a small amount of alcohol-based hand rub (about the size of a nickel)
- Rub it on your fingertips, both sides of your hands and between your fingers
- Continue to rub until your hands are dry
- There is no need to rinse or dry

Warning: The product is flammable when wet so ensure your hands are dry before performing another task.

### HELP PREVENT THE SPREAD OF INFECTION



## BIINININJIIWIN/ BEKININJIIWIN

### AABAJI'AD GIZIIBIGA'IGAN ZHIGWA NIBI

Aaji izhiweg bizihihig aabaji' giziibiga'igan zhihwa nibi

- gizhaagamiidewaaboo aabajitoon gizininiyian. Gizininjig gipemingonaa giziibiga'igan ji-bitteed.
- asho-midaaso-diba'iganens ako asho-naano-diba'iganens giza-giziibiginiji.
- Giltwaamaabaawadon gizaagamiidewaaboong
- Baateyan giniinjin abiding eta aabajichigaad gasingwaagan gema gaa-baasigmagak aabajitoon
- Giga-gibitinaan bembideg nibi gaasingwaagan aayaabajitooyan

### MINIKWEWINAABOO JI-ONJI-GIZIININJIIYA

Gizhih nibi gema giziibiga'igan ayaasiwan, wininiyian eta

- bangjins minikweaaboo aabajitoon (naano-bilwaabikoosang minik)
- wankwering acon edways'i gizinan ahoonker giniisigigianan
- minigonan minik ji-baateninjinian
- gawin memwech ji-giltwaamaabaawadon gema ji-baasa'aman

Borak: waka-ubide minikweaaboo, ga-baawen giniinjin jhaa-papoo dachikuan.

WILJI'WEN ZHOOWIDIZISIING



## 手部衛生

### 以肥皂和水洗手

凡有肥皂和水，都應使用來洗手

- 用流動的暖水沖洗雙手，將肥皂塗在手掌上，然後將雙手磨在一起至肥皂起泡為止
- 讓肥皂覆蓋手和手指的所有表面（包括指甲）10至15秒
- 用流動的暖水沖洗
- 用乾面巾紙或乾手機將雙手完全弄乾
- 拿乾淨抹布將水喉關閉

### 使用酒精洗手液


適用於沒有肥皂和水而雙手無明顯污跡時

擠出少量的酒精洗手液（大約五分鐘幣大小）

- 擦於指尖、手背、手掌和手指之間
- 不斷揉手至雙手變乾為止
- 沒有必要沖洗或抹乾雙手

### 協助防止傳染病到處蔓延

警告：酒精洗手液在濕時可燃，請將手和抹布徹底弄乾。



## PAGLINIS NG MGA KAMAY

### PAGGAMIT NG SABON AT TUBIG

Gamitin sapag na tinatag na itinatag ang kamay sa tubig

- Paggamit ang inyong mga kamay ng karantamang itat na dumadagdag sa tubig, lagyan ng sabon ang mga palad at kasukuan ang mga ito hanggang bumaba
- Ipagpatuloy ang pagkukunat ang buong kamay at mga daliri (kasama ang mga kuko) sa loob ng 10 hanggang 15 segundo
- Hugasan na karantamang itat na dumadagdag sa tubig
- Patsuyong mabuti ang mga kamay ng itat ang gamitang towel o ng hand dryer
- Patsuyong ang grip ng itat ng matinis na towel o paper


### PAGGAMIT NG PAGSUGPO NG DE-ALKOHOL NA

Gamitin kung hindi kumain, umiin, mabait ang kamay, mabait ang mga kamay

- Dumagat ng karantamang de-alkohol na paglinis ng kamay (bang damit ng laki ng nickel)
- Kuskusin ito sa dulo ng mga daliri, sa bawat bahagi ng mga kamay at sa gitna ng inyong mga daliri
- Ipagpatuloy ang pagkukunat hanggang matatayo ang inyong mga kamay
- Hindi na kinakailangan hugasan o patsuyon

Babala: Maaaring lumitaw itong produktong itat kung ito ay hindi nakatutal sa apoy at ito ay maaaring magpapaligay sa mga kamay kung magpapaligay ang pagkukunat.

TUMALONG SA PAGSUGPO NG PAGSUGPO NG IMPEKSIYON



<https://sharedhealthmb.ca/covid19/providers/hand-hygiene-posters/>

# COUGH ETIQUETTE

## COVER YOUR COUGH

- Cover your mouth and nose with a tissue when you cough or sneeze  
OR
- Cover your mouth and nose using your upper sleeve, not your hands, when you cough or sneeze
- Put the used tissue in a waste basket
- Wash your hands with soap and water  
OR
- Clean them with an alcohol-based hand rub if soap and water are not available

If you're visiting a hospital or personal care home when you have a cough or cold, you may be asked to put on a surgical mask to protect others from infection.

**HELP PREVENT THE SPREAD OF INFECTION**

**Manitoba**

## HOKHPAPI AWANHDAKAPI

### HOYAKHPEG AHDAKHPA

- Yapehe ish hoyakhpe kinhan ni ig a nipoghe kin iyuzincha panpana un abda khpa  
ISH
- Hoyakhpeg a yapehe kinhan nape kichun shni, ig a poghe kin heyake isto un abdashpa
- Iyuzincha panpana takushicha omnaye ed akheya
- Mning a wipazaza un nape hduzaza  
ISH
- Mning a wipazaza waniche kinhan nape iunpi perueta un yuzaza  
Hoyakhpe echunhan wopaze tpi ish encha awanahdakapi tpi ed tokan yai kinhan hemmahk iro ogho gi unahi pte towgi hana wadiche kchore shni.

**WOSHICHE SAMP  
YE KTE SHNI  
OWICHA KIYA**

**Manitoba**

## آداب السعال

### احجب سعالك

- لم يعلفك فمك وعلفك يدك في حذاء السعال أو العطس
- أو
- لم يعلفك فمك وعلفك بأكمامك الجوارب الجوارب من حذاء السعال أو العطس
- جمع النسيج المستخدم في سلة المهملات
- اغسل يديك بالماء والصابون
- أو
- يمكنك تنظيفها بمنتجات الألياف المطهرة على الفور إذا كان الصابون والماء ليسا متاحين

إذا كنت زائراً في مستشفى أو مركز الرعاية الصحية أو في مكان عام، قد يُطلب منك ارتداء قناع طبي لحماية الآخرين من انتقال العدوى إليهم

**ساعد في الوقاية من انتشار العدوى**

**Manitoba**

## ПРАВИЛА ПОВЕДІНКИ У СИТУАЦІЇ, КОЛИ У ВАС КАШЕЛЬ

### КОЛИ ВИ КАШЛЯЄТЕ, ПРИКРИВАЙТЕ НІС І РОТ

- Прикривайте ніс і рот паперовою серветкою, якщо є можливість або чашкою АБО
- Прикривайте ніс і рот на довжину руки своєю спиною (як не руками), якщо є можливість або чашкою
- Використовуйте використану серветку або чашку для сміття
- Мийте руки, використовуючи мило і воду АБО
- Якщо немає мила і води, очищайте руки засобом для очищення рук на основі спирту

Важко не кашляти і не чихати, тому важливо використовувати засоби захисту. Це допоможе зменшити ризик поширення інфекції.


**ЗДІЙСНЮЙТЕ ПОПЕРЕДЖЕННЯ ПРОБЛЕМ**

**Manitoba**

<https://sharedhealthmb.ca/covid19/providers/cough-etiquette-posters/>



# COVID-19 NOVEL CORONAVIRUS

Manitoba 

## What does social (physical) distancing look like?



### Safe to do

- Spending time with household members *(so long as they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating)*
- Outdoor physical activity *(e.g. walking, running, biking, hiking)*



- Visiting a park as long as physical distancing with non-household members is maintained
- Getting groceries and other goods delivered including take out
- Using technology to chat with family and friends
- Sitting at a bonfire with your neighbors as long as physical distancing with non-household members is maintained



### Use Caution and Consider the Situation

- Spending time with extended family members and friends\* *(if they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating)*
- Attending group gatherings, outings or events\*
- Going to playdates\*
- Visiting grocery stores, retail outlets, pharmacies
- Visiting restaurants or patios with extended family members or friends
- Visiting a library, community centre or public gathering place

\* Where possible, move your gatherings, activities or events outdoors



### Reduce the Risk



- Stay home if you are sick, even if you only feel a little unwell.
- When you are with others outside your household, gather in outdoor settings where possible, and maintain physical distancing except for brief exchanges.
- Limit the number of people that you come in contact with at this time to continue to reduce the spread of COVID-19.
- Avoid sharing personal items such as food or drinks.
- Practice proper cough etiquette.
- Practice proper hand hygiene.

JUNE 2020

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# Use caution and consider the situation



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# **HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING**

<https://sharedhealthmb.ca/files/non-medical-mask-poster.pdf>



- DO wear a non-medical mask or face covering to protect others.
- DO ensure the mask is made up of two (2) layers of tightly woven fabric.
- DO wash your hands or use alcohol-based hand sanitizer before and after touching mask or face covering.
- DO use the ear loops or ties to put on and remove mask.



- DO ensure your nose and mouth are fully covered.
- DO wash your mask with hot, soapy water and let it dry completely before wearing it again.
- DO store re-usable mask in a clean paper bag until you wear it again.
- DO discard mask that cannot be washed in a plastic lined garbage bin after use.



- DON'T wear a loose mask.
- DON'T touch mask while wearing it.
- DON'T remove mask to talk to someone.
- DON'T hang mask from your neck or ears.
- DON'T wear mask under your chin.
- DON'T share your mask.
- DON'T leave your used mask within the reach of others.



Non-medical masks are **not** recommended for:

- people who suffer from an illness or disability that makes it difficult to put on or take off a mask
- those who have difficulty breathing
- children under the age of 5 years



## HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

### DO'S

- **DO** wear a non-medical mask or face covering to **protect others**.
- **DO** ensure the mask is made up of **two (2) layers of tightly woven fabric**.
- **DO** wash your hands or use alcohol-based hand sanitizer before and after touching mask or face covering.
- **DO** use the ear loops or ties to put on and remove mask.
- **DO** ensure your nose and mouth are fully covered.
- **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- **DO** store re-usable mask in a clean paper bag until you wear it again.
- **DO** discard mask that cannot be washed in a plastic lined garbage bin after use.

### DON'TS

- **DON'T** reuse masks that are moist, dirty or damaged.
- **DON'T** wear a loose mask.
- **DON'T** touch mask while wearing it.
- **DON'T** remove mask to talk to someone.
- **DON'T** hang mask from your neck or ears.
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### NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

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### DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.



# Wear it Well: A Mask how-to For Kids



- Video available from:  
<https://youtu.be/eGhLwmFRyZY>

# About COVID-19 Testing & Contact Tracing

# Should I get tested?

- Follow the most current advice and screening found at Shared Health:  
<https://sharedhealthmb.ca/covid19/screening-tool/>
  - the Screening Tool is available in Interactive Voice Response (IVR) format. Call [1-877-308-9038](tel:1-877-308-9038).
- If you are unsure, call **Health Links – Info Santé** ([204-788-8200](tel:204-788-8200) or toll-free at [1-888-315-9257](tel:1-888-315-9257))

# COVID-19 NOVEL CORONAVIRUS

Public Health Factsheet

Manitoba 

**Keep yourself, and your community,  
safe from COVID-19:**

**Have symptoms? Get tested today.**

**While some restrictions are likely to be lifted over time,  
COVID-19 remains in Manitoba**

- Keep at least six feet away from people outside of your household.
- Wash hands regularly and for 20 seconds each time and dry thoroughly.
- Regularly disinfect surfaces at home or at work.
- ALWAYS remain home and away from others if you are feeling unwell.



**If you have symptoms associated with COVID-19  
you should be tested.**

**Symptoms can include new onset of:**

**Any one of:**

- fever
- cough
- sore throat/hoarse voice
- shortness of breath
- loss of smell or taste
- vomiting or diarrhea for more than 24 hours
- poor feeding (in an infant)

**OR**

**Two or more of  
the following:**

- runny nose
- muscle aches
- pink-eye
- fatigue
- headache
- skin rash of unknown cause
- nausea or loss of appetite

Find your closest testing location by visiting [manitoba.ca/covid19/locations.html](https://manitoba.ca/covid19/locations.html)

Questions? Call Health Links – Info Santé at 204-788-8200 | 1-888-315-9257

[www.Manitoba.ca/covid19](https://www.Manitoba.ca/covid19)

<https://sharedhealthmb.ca/covid19/providers/posters/>

# What happens next?

- If you have a positive test result, public health officials will call you directly. That is the start of the public health investigation process.
- If your test result is negative, it may take longer for you to hear back about your test results.
  - How can I find my results?
    - Find your results online: [sharedhealthmb.ca/covid19/test-results](https://sharedhealthmb.ca/covid19/test-results)
    - Or call 1-844-960-1984
    - You will be asked to provide information from your Manitoba Health Registration Card to verify your identity.

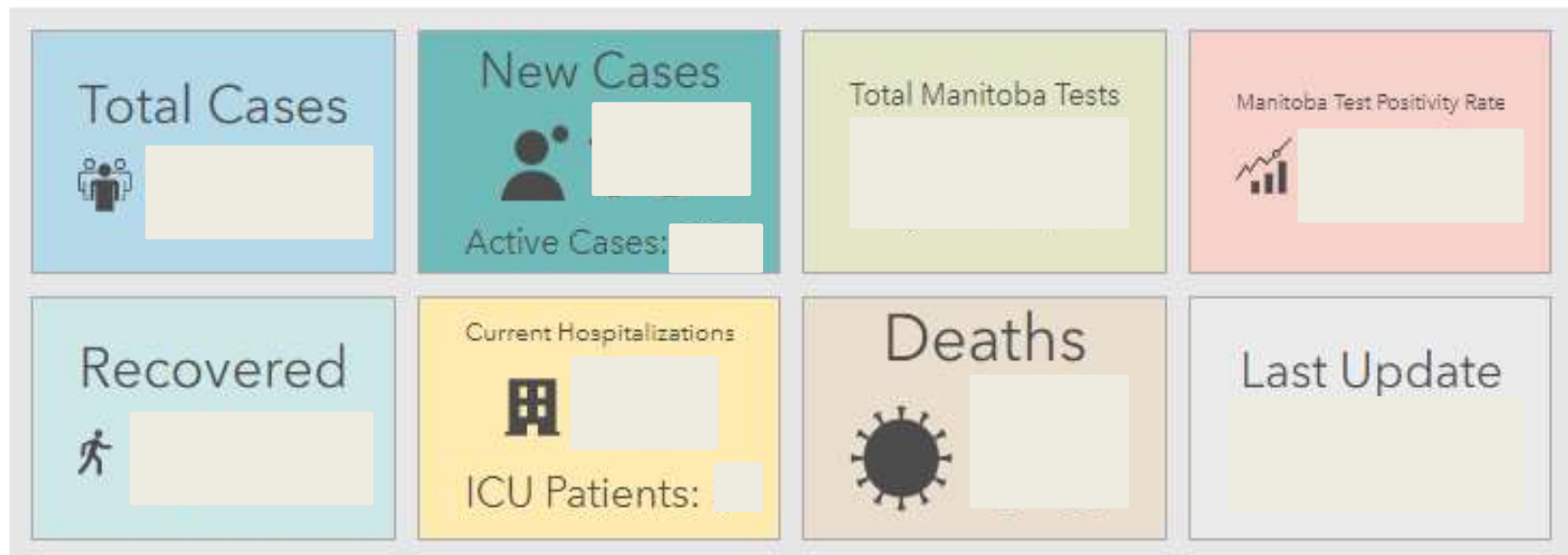
<https://www.gov.mb.ca/covid19/updates/cases.html>

# What else should I know?

- If public health investigations identify you as a possible close contact of someone who has tested positive for COVID-19, they will call you and provide advice on next steps.

# COVID-19 Data

- Latest information on cases can be found at <https://www.gov.mb.ca/covid19/updates/cases.html>
- E.g.



# Mental Health Resources



# Mental Health Resources

Government of Manitoba:

- Visit [Care for Your Mental Health](#) for information on mental health during the COVID-19 pandemic

Some of the resources include:

- [Covid 19 Anxiety Support Line](#) (Anxiety Disorders Association of Manitoba) - call 204-925-0040 or email [adam@adam.mb.ca](mailto:adam@adam.mb.ca)
- [CMHA \(Canadian Mental Health Association\)](#) - resources and suggestions to support mental health
- [The Klinik Crisis Program](#) - a variety of crisis phone lines and online support services, providing free and confidential counselling
- [Mental Health Support – AbilitiCBT](#) - new digital therapy program available to all Manitobans experiencing low to mild symptoms of anxiety due to the pandemic
- [Sara Riel Warm Line](#) - peer support workers for support and/or suggest possible resources. Call 204-942-9276 between 7pm – 11pm.

# Mental Health Resources

Government of Canada webpage to support mental health and wellbeing:

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

Some of the resources include:

- For immediate support:
  - Youth: Text WELLNESS to 686868
  - Adults: Text WELLNESS to 741741
- Wellness Together Canada website
  - <https://ca.portal.gs/#>

# Mental Health Resources

## Other resources

- [Virtual meditation](https://tricycle.org/trikedaily/online-meditation/) - Free live practice sessions daily at <https://tricycle.org/trikedaily/online-meditation/>
- [Calm In The Storm App](#) – An app for coping with the stresses of life
- [SMART Recovery Toolbox](#) provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life.