

March 13, 2020

Attention: Families and Support Persons of Residents of Long Term Care Facilities

The first presumptive positive confirmed cases of COVID-19 have now been identified in Manitoba. Public Health Officials, health system leaders, facilities, providers and staff are taking all necessary steps to decrease the risk of spread of the virus.

Across Manitoba, strict infection prevention and control precautions are now in place in all health care settings, including long term care facilities.

For the safety of your loved ones, we have implemented the following measures:

Please **DO NOT** visit any health care facility, including long-term care facilities, if you have returned from international travel – including to the United States – in the last 14 days.

Please **DO NOT** visit any health care facility, including long-term care facilities, if you are under direction to self-monitor or self-isolate for 14 days.

Please **DO NOT** visit any health care facility, including long-term care facilities, if you are experiencing any of the following cold/flu symptoms:

- Cough
- Fever
- Runny Nose
- Sore Throat
- Weakness
- Headache

Well visitors continue to be welcome within our facilities however may be subject to direct questions about your symptoms, contacts and travel history upon arrival.

We appreciate your understanding as we implement these elevated precautions to protect our residents, many of whom have underlying medical conditions that put them at greatest risk of becoming severely ill due to COVID-19.

Social distancing strategies are now recommended for all Manitobans-. Social distancing is used to intentionally reduce close contact between people to try to stop the progression of community transmission of any virus.

This means:

- Minimizing prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public;
- Avoiding greetings that involve touching such as handshakes;
- Disinfecting frequently used surfaces;
- Following public health advice related to self-monitoring and self-isolation if you have travelled or have been exposed to someone ill with the virus; and
- Considering avoiding travel, crowded places and events, especially if you are at higher risk.

In the event that you or anyone in your family tests positive for the COVID-19 AND has visited a long term care facility or care environment within the last 14 days, we would ask that you please notify Alanna Kull, Director of Care at 204-589-9017. As well, you may contact the Long Term Care Infection Prevention and Control Coordinator at 204-940-8554.

Thank you for your cooperation and understanding.

You can stay up-to-date with the latest evolving COVID-19 information by visiting <https://www.gov.mb.ca/health/coronavirus/>.