Health officials continue to note that the risk of contracting the virus remains low for most members of the public. In light of concerns about the potential for increased cases in Canada, Manitoba Health recommends self-isolation for the following groups for 14 days after departing the area, or since their last known contact or exposure:

- travelers returning from the province of Hubei;
- travelers returning from Iran;
- contacts of a confirmed or probable case of COVID-19; and
- laboratory workers exposed during work.

Self-monitoring for symptoms of COVID-19 is recommended for the following groups for 14 days after return to Canada, or since their last known contact or exposure:

- All returning international travelers
- Close contacts (within 2 meters/6 feet) of individuals with flu-like symptoms who have traveled internationally within 14 days prior to becoming sick

Travelers who develop cold or flu-like symptoms within 14 days of returning to Canada should contact Health Links/Info Sante (wrha.mb.ca/healthinfo/healthlinks) at 204-788-8200 or toll-free 1-888-315-9257 to determine if testing for COVID-19 should be considered. In cases where testing is not recommended, they should self-isolate until they are well.

If you are planning to see a health care provider about suspected COVID-19, please inform your health care provider either when calling for an appointment or when presenting to make an appointment so that appropriate protective measures can be taken.

In terms of precautions to reduce risk, you are encouraged to:

- Wash your hands frequently and use hand sanitizer when needed
- Cough or sneeze into your elbow
- If you have a severe cold or the flu, stay home

Stay updated and visit: umanitoba.ca
umanitoba.ca/student/health