

## Resources for Parents and Caregivers of Children Attending School

COVID-19 is now widespread in Manitoba, and all staff, students and family members should be self-monitoring for symptoms of COVID-19 every day. The following resources are available to help families manage exposures and cases of COVID-19. Schools will communicate with families during times when increased transmission of COVID-19 is occurring. You can also check the school dashboard for reports of confirmed cases in your school: [COVID-19 Dashboard: School-Aged Cases and School Staff Cases in Manitoba](#).

### Daily Screening:

Monitor for symptoms of COVID-19 every day. If your child develop symptoms, they should isolate (stay at home) and not attend school, child care, or work. If they have an exposure, check the online screening tool for instructions on what to do.

- Online screening tool <https://sharedhealthmb.ca/covid19/screening-tool/>
- COVID-19 Screening Checklist [Covid-19 Generic Screening Checklist June 2021 \(gov.mb.ca\)](#)

### If your child has symptoms:

- They should Isolate (stay home) and notify your school.
  - For more information on isolation, see the factsheet: [COVID 19 - Isolation for Individuals with Symptoms and/or Waiting for COVID-19 Test Results \(gov.mb.ca\)](#)
  - Guidance on Isolation and Self-Isolation (Quarantine): [Province of Manitoba | Self-Isolation \(gov.mb.ca\)](#)
- They should get tested – see the below testing website for locations to make an appointment, or use rapid antigen tests if available to you.
  - [Province of Manitoba | COVID-19 Testing \(gov.mb.ca\)](#)
  - Rapid Antigen Test Factsheet: [COVID-19 rapid antigen tests \(RATs\) \(gov.mb.ca\)](#)
  - You can register to view your laboratory-based test results online: <https://sharedhealthmb.ca/covid19/test-results/>
- If they test positive, notify their contacts
  - Guidance and letters for notifying close contacts: [Province of Manitoba | Case Contacts and Monitoring \(gov.mb.ca\)](#)

### If your child is notified of being a close contact:

- They will need to self-isolate (quarantine) for 10 days and not attend school or child care, unless they are exempt
  - For more information, including exemptions, view the factsheet on Self-Isolation (Quarantine): [COVID-19 - Self-isolation \(Quarantine\) for Asymptomatic Returning Traveler's and Contacts of Cases \(manitoba.ca\)](#)
- For exposures that occur during school, your child can continue to attend as long as you remain asymptomatic. For exposures outside of school, your child will need to self-isolate (quarantine) unless they are exempt.

**If you have questions or need advice:**

- The online screening tool provides guidance for many different scenarios and may answer your questions: <https://sharedhealthmb.ca/covid19/screening-tool/>
- If you have further questions, please call Health Links – Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.