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## Health, Seniors and Active Living

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### Coronavirus

On December 31, 2019 an outbreak of a novel (new) coronavirus (COVID-19) was detected in Wuhan, China. As the situation continues to evolve, Health Authorities at international, national and local levels continue to monitor, gather information, assess risk and respond.

#### Current Risk Status

*Updated: March 10, 2020*

The COVID-19 outbreak continues to evolve rapidly worldwide with more countries reporting cases and an overall increase in case numbers. To date, no laboratory-confirmed COVID-19 cases have been identified in Manitoba.

Manitoba Health, Seniors and Active Living is recommending the following:

- If you have symptoms of a respiratory illness (regardless of travel), even if mild, stay home until your symptoms are gone.
- If you have upcoming travel plans consider the following:
  - Review the latest [Government of Canada COVID-19 related travel advisories](#)
  - Consider deferring travel if non-essential
  - Be aware that health care services may be limited in some areas, and travel restrictions including quarantine, may be put in place with little notice.
  - After traveling self-monitor for symptoms of COVID-19 (e.g., fever, cough, runny nose, sore throat, shortness of breath or breathing difficulties) for 14 days after your return. Should you develop COVID-19 symptoms self-isolate immediately and call Health Links-Info Santé for more information.
- Employers should prepare workplace measures to minimize the potential spread of illness. For more information [click here](#).
- Think ahead, plan and prepare for if COVID-19 becomes common in your community and/ or if you or someone you provide care (e.g., children) for becomes sick. More information is [available here](#).
- For more information on how to reduce your risk of infection see the [Novel Coronavirus \(COVID-19\) factsheet](#).

## Advice for Travelers and Contacts of COVID-19 Cases

Self-isolation is recommended 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
- laboratory workers exposed during work

Self-monitoring for symptoms of COVID-19 is recommended for the following groups for 14 days after return to Manitoba, 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

International travelers who develop cold or flu-like symptoms within 14 days of returning to Manitoba should contact Health Links-Info Santé to determine if testing for COVID-19 should be considered. In cases where testing is not recommended, they should stay home (self-isolate) until they are well.

Information on self-monitoring, self-isolation, and what to do while waiting for COVID-19 test results can be found at:

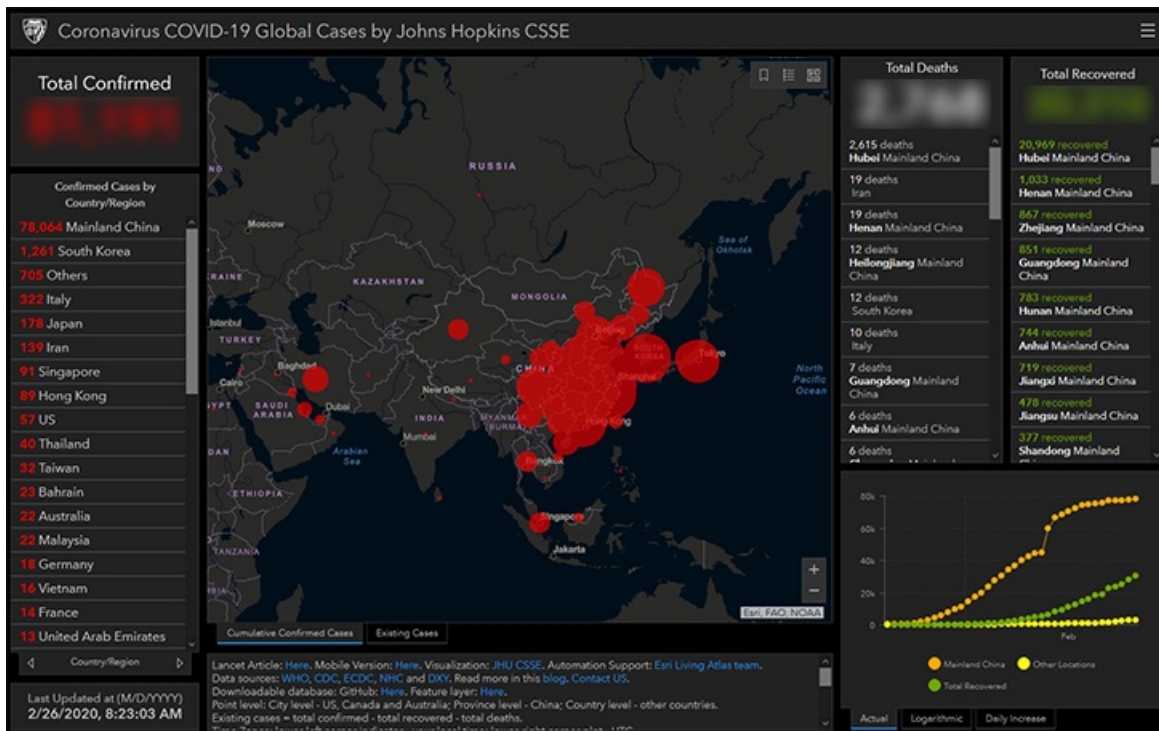
- [Novel Coronavirus Fact Sheet](#) (Contains Advice for Self-monitoring) 
- [Self-Isolation Fact Sheet](#) 
- [What Do I Do While Waiting for My \(COVID-19\) Test Results?](#) 

## Canadian Situation

As of March 9, 2020, 77 cases of COVID-19 have been confirmed in Canada. Cases have been reported in Alberta, British Columbia, Ontario, and Quebec. For the most current numbers, see the [Public Health Agency of Canada's COVID-19: Outbreak update website](#).

For a complete list of countries reporting COVID-19 cases see the most current [WHO Coronavirus Disease situation report](#) or click on the Johns Hopkins Coronavirus COVID-19 Global Case map dashboard.

(click on map image below for most current case numbers)



## Manitoba Health, Seniors and Active Living - Total Number of Novel Coronavirus (COVID-19) Completed Lab Tests and Results:

Date (as of)	Number of People with Completed Tests	Number of People Confirmed Positive
March 5, 2020	97	0

**Communicable Disease Control (CDC)**

**Public Health**

**Manitoba Health, Seniors and Active Living**

4th Floor - 300 Carlton St.  
Winnipeg MB R3B 3M9 CANADA

**Health Links – Info Santé**

204-788-8200 or 1-888-315-9257

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**Other Resources**

[Public Health Agency of Canada – Coronavirus](#)

[Government of Canada Travel Health Notice – Novel Coronavirus in China](#)

[The US Centers for Disease Control and Prevention – 2019 Novel Coronavirus](#)

[The World Health Organization – Coronavirus](#)

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