



[COVID-19](#)

[About](#)

[Patient Care](#)

[Services](#)

[News](#)

Shared Health > COVID-19 > **Screening Tool**

COVID-19 Screening Tool

You have reached the Manitoba COVID-19 Screening Tool.

The Screening Tool is available in Interactive Voice Response (IVR) format.

Call 1-877-308-9038

In order to determine if you should contact **Health Links – Info Santé** ([204-788-8200](#) or toll-[1-888-315-9257](#)) or seek other medical advice, you will be asked to respond to a few questions below.

Please note:

Public health officials are strongly advising all Manitobans, including health-care providers, to cancel or postpone any non-essential travel. In addition, **public health officials are recommending all returning travellers, including those who have travelled within Canada, self-isolate and self-monitor for symptoms for 14 days after returning to Manitoba.**

Public health officials also strongly urge anyone who has cold or flu-like symptoms, such as a cough, fever, runny nose, sore throat, weakness or headache, to self-isolate for 14 days. Anyone with these symptoms is eligible for COVID-19 testing.

Social distancing is used to intentionally reduce close contact between people to try to stop the

progression of community transmission of any virus. Social distancing strategies for all Manitobans include:

- ❗ Cancelling or postponing any large-scale events with more than 10 attendees;
- ❗ 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

We remind you to protect yourself while out in public. Please **wash your hands frequently**, maintain a distance of about 2 metres from others.

For the most up-to-date, factual, information on COVID-19 please visit manitoba.ca/covid19.

COVID-19 Screening Tool

Please note that **this is not a medical assessment**. If you are experiencing severe symptoms, seek medical attention or call 911. This service is not a substitute for consulting with your doctor.

1. Do you or the person you are inquiring about have any of the following symptoms: severe difficulty breathing (e.g., struggling for each breath, speaking in single words), chest pain, confusion, extreme drowsiness or loss of consciousness?

Yes

No

2. Do you or the person you are inquiring about have shortness of breath at rest or difficulty breathing when lying down?

Yes

No

3. Do you have a new onset of any of the following symptoms: fever, cough, sore throat, shortness of breath and if the patient is an infant, poor feeding and lethargy?

Yes

No

4. Do you have a new onset of 2 or more of any of the following symptoms: runny nose, muscle aches, fatigue, loss of taste or smell, headache, hoarse voice or nausea, vomiting or diarrhea for more than 24 hours?

Yes

No

A.1 Have you been in contact in the last 14 days with someone that is confirmed to have COVID-19?

Yes

No

A.2 Have you had laboratory exposure while working directly with specimens known to contain COVID-19?

Yes

No

A.3 Have you been in a setting in the last 14 days that has been identified as a risk for acquiring COVID-19, such as on a flight, at a workplace or an event?

Yes

No

A.4 Have you travelled outside of Manitoba in the last 14 days, excluding personal travel to border communities?

(Note that workers who routinely travel inter-provincially for work and those involved in commercial transportation of goods and services are excluded)

Yes

No

Based on your responses you do not need to be tested for COVID-19 at this time.

People who do not have symptoms of COVID-19 should not be tested.

If you develop symptoms of a respiratory illness (e.g. fever, cough, runny nose, sore throat), please call Health Links-Info Santé at [204-788-8200](tel:204-788-8200); toll free elsewhere in Manitoba [1-888-315-9257](tel:1-888-315-9257).

Anyone who has symptoms of COVID-19 should self-isolate from the day the symptoms started till they no longer have a fever and the other symptoms are gone with a minimum isolation period of 14 days (2 weeks). This means staying home and keeping away from others.

For more information about caring for yourself at home and self-isolating, visit:
manitoba.ca/covid19/factsheets.

If you have more questions, please call Health Links-Info Santé in Winnipeg at **204-78200**; toll free elsewhere in Manitoba **1-888-315-9257**.

We are experiencing heavy call volumes and will get to your call as quickly as we can.



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