

December 7, 2021

Dear Parent/Guardian,

Re: School Community Notification Letter—Rock Lake School

Manitoba public health officials have advised of at least one confirmed case of COVID-19 in the school on December 1st through December 3rd when the individual(s) may have been infectious. The school is working closely with public health officials and is following their recommendations. At this time, there is no evidence of further spread in the school, and students can continue to attend school as long as they do not have symptoms of COVID-19 as listed on the following page.

Close contacts have been identified and advised to self-isolate (quarantine). If your child has not been identified as a close contact, public health officials still recommend that you closely monitor your child for symptoms of COVID-19 for two weeks after the exposure date.

If your child develops a new onset or worsening of any one symptom listed in Column A or any two or more symptoms listed in Column B (see table below), even if they are mild, immediately isolate them from others.

It is recommended your child get tested for COVID-19 as soon as symptoms appear. You may go directly to the nearest COVID-19 testing location during their open hours. For the testing site nearest you, please visit <https://manitoba.ca/covid19/testing/index.html>, or call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

Public health officials are also advising the following for anyone with a household member who is symptomatic, but not identified as a close contact to a confirmed COVID-19 case:

- Household members who have no symptoms should wear a mask and physical distance where possible when outside the household, and avoid leaving the home for non-essential reasons until the symptomatic person's test result is available.

Public health officials are implementing stricter household self-isolation (quarantine) requirements in the **Southern Health-Santé Sud Health region**, excluding the Town of Niverville and the Rural Municipalities of St. François Xavier, Cartier, Headingley, Macdonald, Ritchot, and Taché. Household members of symptomatic people should self-isolate until the symptomatic individual tests negative. If not tested, they should self-isolate (quarantine) for the same period as the symptomatic person.

- Fully vaccinated (two doses) or recently infected (within six months) people are exempt from this requirement.
- Asymptomatic designated workers who are not fully vaccinated but part of a regular rapid testing program are also exempt.
 - If the worker has symptoms or if there is a close contact in the household that has symptoms, the exemption does not apply.

All individuals exempt from self-isolation (quarantine) requirements, should continue to self-monitor for symptoms, and isolate immediately if any develop and go for testing.

A	B
Fever/Chills	Runny nose
Cough	Muscle aches
Sore throat/hoarse voice	Fatigue
Shortness of breath/difficulty breathing	Pink eye (conjunctivitis)
Loss of taste or smell	Headache
Vomiting or diarrhea for more than 24 hours	Skin rash of unknown cause
	Nausea or loss of appetite
	Poor feeding (if an infant)

Individuals with symptoms outlined in Columns A and B, who choose not to be tested, must isolate for a minimum of 10 days following the start of symptoms. Isolation can be stopped at day 10 if the individual has been symptom-free for 24 hours.

Please note the following:

- Public health officials strongly encourage testing so it can be determined whether COVID-19 transmission has occurred within the school.
- The school is not permitted to release the name or any identifying information about the confirmed case(s) of COVID-19 to any member of the school, community, or media.
- The school will focus on preventive measures during this two-week monitoring period to reduce the risk of further transmission. This may include postponing group activities, and continuing to encourage preventive measures such as physical distancing, appropriate mask use, and hand hygiene among students. You may notice some adjustments to their learning plans as a result. If there are any updates on further cases or extensions to the monitoring period, you will be notified.

For more public health information about COVID-19, please visit <https://manitoba.ca/covid19/updates/resources.html>.

Sincerely,

Office of the Chief Provincial Public Health Officer
Manitoba Health and Seniors Care