## Self Monitoring

Catechists will be requested to complete the self-screening tool before lessons. Parents will also be requested to complete the screening tool with their children before arriving at the Church. For those without access to internet, the questions below will be provided and used.

<https://sharedhealthmb.ca/covid19/screening-tool/>

* Do you have any of the following symptoms?
	+ Chest pain
	+ Severe difficulty breathing
	+ Confusion
	+ Extreme drowsiness
	+ Loss of Consciousness
* Do you have shortness of breath at rest or difficulty breathing when lying down?
* Do you have a new onset of any of the following symptoms?
	+ - Cough
		- Fever
		- Chills
		- Sore throat/Hoarse voice
		- Shortness of breath
		- Loss of taste or smell
		- Vomiting or diarrhea for more than 24 hours
* Do you have a new onset of two or more of the following symptoms?
	+ - Runny nose
		- Muscle aches
		- Fatigue
		- Conjunctivitis/Pink eye
		- Headache
		- Skin rash of unknown cause
		- Nausea/Loss of appetite
* Have you been in contact with someone over the last 14 days with someone that is confirmed to have COVID 19?
* Have you had laboratory exposure while working directly with specimens known to contain COVID 19?
* Have you been in a setting in the last 14 days that has been identified by Public Health as a risk for acquiring COVID 19 such as on a flight, at a workplace with a cluster of cases or at an event?
* Have you travelled outside of MB in the last 14 days excluding travel to Western Canada, Territories or Ontario west of Terrace Bay?
* If the answer is ‘yes’ to any of the above questions, the person will not be permitted to enter the building.

**Staying Home When Sick**

Individuals should self-isolate and not enter the church if they:

* are experiencing symptoms suggestive of COVID-19
* have travelled outside Manitoba in the previous 14 days (outside of areas excluded by public health orders, which currently exclude locations in Western Canada, the territories, and Ontario west of Terrace Bay)
* are a close contact of a confirmed case of COVID-19
* are awaiting a COVID-19 test result (excluding persons tested as part of voluntary asymptomatic surveillance for COVID-19, as they do not need to isolate).

An up-to-date list of symptoms can be found at: <https://www.gov.mb.ca/covid19/about/index.html>

**Screening**

Screening for symptoms is critical to identify any potential cases of COVID-19 as quickly as possible before exposure to others. If someone is unsure whether they or their child should be tested and self-isolate, they should be directed to the COVID-19 Screening Tool at <https://sharedhealthmb.ca/covid19/screening-tool/>.

A chronic stable cough, sneeze, runny nose, or nasal congestion that is unchanged and clearly linked to a known medical condition such as asthma or allergies is not an absolute requirement for exclusion. As well, children who are crying can exhibit a runny nose. Changing or worsening of chronic symptoms require isolation and contacting Health Links – Info Santé. Catechists should exercise judgment based on the symptoms but, when in doubt, err on the side of caution by excluding the child and advising the parent/caregiver to contact Health Links – Info Santé or their health care provider.