

COVID-19 Information and Testing in Children

What is COVID-19?

- COVID-19 is a virus that can cause fever, difficulty breathing, vomiting, diarrhea, headache, rash and poor feeding (in infants).
- People can get sick up to 14 days after being infected with COVID-19.
- COVID-19 can also look like other common illnesses (e.g. cold or flu)
- Some people may have no symptoms but can still spread the virus, including to people who may get very sick.

Children and COVID-19

- Children often get less sick than adults, but can (rarely) become very sick as heart muscle and blood flow to important parts of the body (like the brain) are affected.
- Know where to go for mild symptoms and when to seek care from 911 or an emergency department.

COVID-19 and Your Child

- Your child was tested for COVID-19 today either because they have symptoms common with the virus OR for another reason which your care team will share with you.
- Test results may take several days.
Please do NOT call Children's Emergency for results.
- If COVID-19 is found, you will be called by Public Health.
- If your child has a negative COVID-19 test result, you will not be contacted. With your MB health card, you can access your child's results securely online at: <https://sharedhealthmb.ca/covid19/test-results/>.
- Test results for non-residents of MB or those without online access, call Health Links-Info Santé 1-844-960-1984 (7 days a week, 9am-5pm).

Waiting for Test Results

- If your child is sick, they must isolate from others until they have been better for 24 hours.
- For the latest requirements visit:



A Positive Result – Now What?

- If your child tests positive for COVID-19, you will be contacted by Public Health and your child will have to self-isolate for 14 days from when their symptoms started. Anyone in the home who is not fully vaccinated must also self-isolate for 10 days. Anyone in the home who is fully vaccinated, has no symptoms, and is able to maintain physical distancing and wear a mask (including during work) may be exempt from self-isolation. Follow public health direction.

A Negative Result – What Next?

- If your child tests negative, but they have travelled or been exposed to a case, they will need to self-isolate for 10 days and self-monitor for 4 additional days.
- If your child tests negative, with no exposure or travel history, they need to self-isolate until their symptoms have been gone for 24 hours.

Additional Information

For more information and updates check:

www.manitoba.ca/covid19

<https://trekk.ca/parentsandfamilies>

#KnowWhereToGo for children's cold and flu symptoms

Health Links – Info Santé

Call 204-788-8200
1-888-315-9257 (toll-free)

This free service is available 24/7 with nurses who can assess and provide advice on where to go.

Doctor/Clinic/Primary Care (Weekdays)

During respiratory virus season, your child may experience common cold/flu symptoms.

- Fever or chills
- Cough
- Runny nose
- Sore throat

Walk-In Connected Care Clinic

(After Hours & Weekends Winnipeg)
McGregor Walk-in and Access Fort Garry

Critical Injury or Life-Threatening Condition?

Call 911 or go to an
emergency department.

When to get tested for COVID?



Doctor/Clinic/Primary Care Weekdays

During respiratory virus season, your child may experience common cold/flu symptoms. As long as symptoms are not emergent or urgent, they may be assessed by a primary care provider or clinic.

Mild symptoms may include:

- Fever or chills
- Nasal congestion or runny nose
- Cough
- Sore throat
- Fatigue
- Headache
- Muscle aches or body aches
- Nausea or vomiting
- Diarrhea
- Poor appetite
- New loss of taste or smell
- Belly pain

After Hours and Weekends (Winnipeg)

McGregor Walk-in Connected Care Clinic 363 McGregor St

204-940-1963

Call ahead to confirm hours or check wait times

Monday - Friday:
12:00 p.m. - 7:30 p.m.

Saturday, Sunday and Holidays:
9:00 a.m. - 4:30 p.m.

Access Fort Gary Walk-in Connected Care Clinic 135 Plaza Dr

204-940-7100

Call ahead to confirm hours or check wait times

Monday – Friday:
9:00 a.m. - 6:30 p.m.

Saturday:
9:00 a.m. - 3:30 p.m.

Emergency Department / 911 24/7

Call 911 or go to your closest Emergency Department if your child has any of the following symptoms:

- Difficulty breathing
- Periods of holding breath / not breathing / slowed breathing
- Increased breathing (more than 60 breaths per minute)
- Excessively tired or difficult to wake up
- Sudden confusion
- Change in colour of nail beds, hands, lips, or face
- Inconsolable infants - crying that won't stop or is painful sounding
- Not peeing
- Poor feeding - refusing or unable to eat or drink
- Infant younger than 3 months with a fever

Public health officials strongly urge anyone who has cold or flu-like symptoms, such as a cough, fever, runny nose, sore throat, headache, or any of the symptoms listed in the online screening tool to isolate and get tested for COVID-19. By getting your child tested, you are helping to keep your family and community healthy. If your child gets tested for COVID-19, they should continue to isolate – other than to seek medical care – until you receive the test results.

Use Manitoba's online screening tool to find out if you should get your child tested for COVID-19: <https://sharedhealthmb.ca/covid19/screening-tool/> or scan QR on the front