



# COVID-19

CORONAVIRUS

BULLETIN #5 March 26, 2020



## Current Regulations in Manitoba

Because we are experiencing a rapidly changing situation, regulations may also change frequently.



### COVID-19 Cases as of March 26, 2020

Province	Number of Cases	Deaths	Recovered
Alberta	486	2	27
British Columbia	725	14	186
<b>Manitoba</b>	<b>36</b>	<b>0</b>	<b>0</b>
Saskatchewan	95	0	0
<b>Canada</b>	<b>4,043</b>	<b>39</b>	<b>225</b>

## What the Manitoba Laws are saying

### Physical Distancing Description

We would like to remind people to consider how physical distancing and self-isolation will impact baptism and communion services (Taufest und Abendmahl).

- Physical distancing is also sometimes called “social distancing.” When you are exposed to an illness, there is a time between exposure and when you begin to feel symptoms. This incubation period is typically **two to ten days** for COVID-19, but it can also last up to **14 days**. Therefore, there is a chance you will spread the virus before you feel sick. This is when physical distancing becomes important.
- Physical distancing is deliberately increasing the space between people to avoid spreading illness. By increasing interpersonal space, you decrease the chance of catching a virus and/or spreading it to others. Stay at least **two meters/six feet** (visualize two arm-lengths) away from other people to lessen your chances of catching COVID-19.

### Self-Isolation Description

- Self-isolation means staying home and avoiding other people when you could make them sick, especially if there is a likelihood you are carrying the virus. This is necessary to curb the spread of illness.
- Additionally, self-isolation may mean staying in a separate area of your home if you are more likely to be exposed than those living with you. This includes using your own bathroom and eating meals alone. **DO NOT** attend activities or gatherings during this time including work, school, and *Gebet*.
- Self-isolation is essential to ensure your loved ones do not get sick and spread the illness to others.

### Max. Gathering Size 50

- Public and private gatherings of more than **50 people** in one room are prohibited.
- Whenever people gather in groups, even very small groups, **two-meter (6 ft.)** distance between people must be maintained.

<p><b>Events</b></p> <p>Church Service</p> <p>Communal Meals</p> <p><i>Essenschuel</i></p> <p><i>Klanaschuel</i></p> <p>Singing Practise &amp; Singing</p> <p>Other Gatherings</p>	<ul style="list-style-type: none"> <li>Events with more than <b>50 attendees</b> must be cancelled or reduced to <b>50 or fewer</b> attendees. This includes meetings, community events, worship gatherings, including family events such as weddings and funerals.</li> <li>Communities should practice social distancing in places of worship, communal kitchens, <i>Essenschuel</i>, and food processing facilities.</li> <li>Physical distancing requirements call for creativity. For example, communities may need to consider two spaces or two different times for communal meals and church services.</li> <li>Flexibility and exceptions should be made for vulnerable community members.</li> <li>Avoid greetings that involve touching, such as handshakes or embracing.</li> <li>Consider safe methods of sharing communion wine and bread so as not to endanger the elderly and those with underlying medical conditions.</li> <li>Physical distancing will become critical once a community has people who have COVID-19. Communities are encouraged to have plans in place to separate people if they become ill.</li> <li>Leaders must encourage people to follow public health advice and promote physical distancing in all aspects of community life.</li> </ul>
<p><b>Schools, Gymnasiums, &amp; Klanaschuel</b></p>	<p><b>School:</b> In-person classes are suspended in Manitoba for ALL kindergarten to Grade 12 schools effective March 23 to April 10.</p> <ul style="list-style-type: none"> <li>For the safety of our children, this includes <i>deutsche Schule</i>, and children should be instructed in physical distancing.</li> <li>During this period, except spring break, teachers are expected to provide distance learning options to students.</li> </ul> <p><b>Gymnasium:</b> Community gyms should be temporarily closed.</p> <p><b>Klanaschuel:</b> At the present time, there are no restrictions against daycares. Communities are encouraged to implement social distancing practices.</p>
<p><b>Workplace: Barns and Shops</b></p>	<ul style="list-style-type: none"> <li>Practice <b>two-metre (6 ft.)</b> physical distancing between people in the workplace.</li> <li>At the first sign of a cough or fever, self-isolate for <b>14 days</b>.</li> <li>Cough and sneeze into your elbow or tissue and wash your hands often.</li> </ul>
<p><b>Mandatory Isolation after International Travel</b></p>	<ul style="list-style-type: none"> <li>The Canadian Government has announced an Emergency Order under the Quarantine Act that requires any person entering Canada by air, sea, or land to self-isolate for <b>14 days</b> whether or not they have symptoms of COVID-19.</li> <li>Truckers are exempt from this, but only if their travels are required to ensure the continued flow of goods and services, and those who provide essential services. Community and business leaders must insure these people practice careful physical distancing, self-monitoring, and contact local public health authorities if they feel sick.</li> </ul>
<p><b>Reporting of Illness</b></p>	<ul style="list-style-type: none"> <li>If you have cold- or flu-like symptoms but have NOT travelled internationally within the last <b>14 days</b> and have NOT had contact with a confirmed case of COVID-19 you will not be screened. Please remain at home and self-isolate until your symptoms have been gone for <b>24 hours</b>.</li> <li>If symptoms develop, such as fever, cough, shortness of breath, and difficulty breathing, contact your public health authority as soon as possible and follow their instructions.</li> </ul>

\* This information has been compiled based on various federal and provincial government sources and is intended as information only. It does not constitute legal advice.

Any questions or concerns please contact HSC directly at: [hbcovid19@gmail.com](mailto:hbcovid19@gmail.com)

