

HEARTLAND INTERNATIONAL  
ENGLISH SCHOOL

# Winnipeg COVID-19 & Vaccination Information For Students







# Student and staff safety is our top priority.

Here's what we are doing at Heartland to ensure your safety: daily cleaning protocols, contact tracing, masks, social distancing, and vaccination requirements. Here are your jobs:

- **Stay home if you or a household member are sick or if you have been identified as a close contact**
- **Use the screening tool to determine if you need to get tested and isolate**

The best way to keep you, your family, and classmates safe is to follow safety protocols and encourage all your friends and household members to get vaccinated. **Here's how.**



# Heartland COVID-19 Handbook



## **This handbook will explain:**

- Self-screening tool
- COVID-19 symptoms
- What to do if you are sick or a close contact
- COVID-19 test locations
- Isolation requirement
- Booking a vaccine
- Immunization cards



# Self-Screening Tool

All students must answer COVID-19 screening questions **daily before** coming to Heartland.

**If the website tells you to isolate or take a COVID-19 test, do not come to Heartland.**

[Click here to visit the self-screening tool](#)



(Make sure to scroll down the page)

## 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 or worsening of any of the following symptoms?

- fever / chills
- cough
- sore throat / hoarse voice
- shortness of breath
- loss of taste or smell
- vomiting or diarrhea for more than 24 hours



# Symptoms of COVID-19



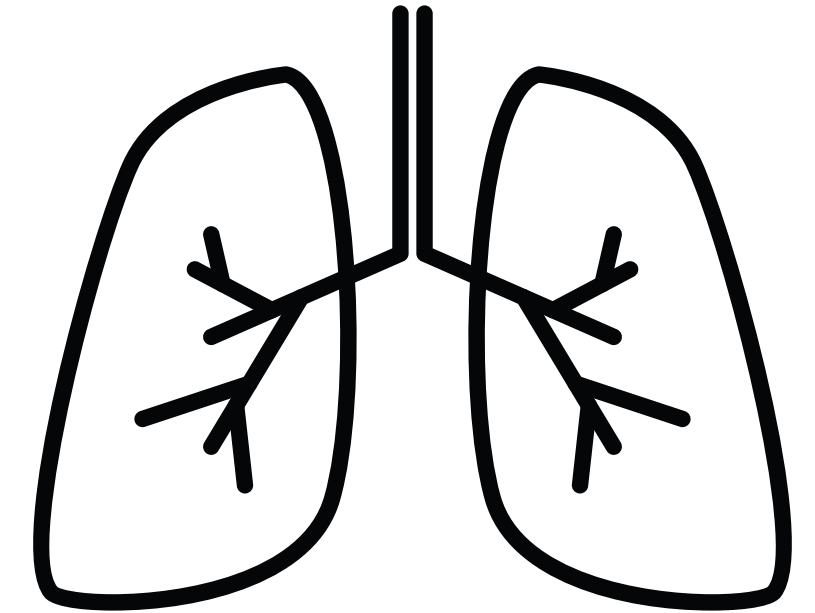
Fever/chills



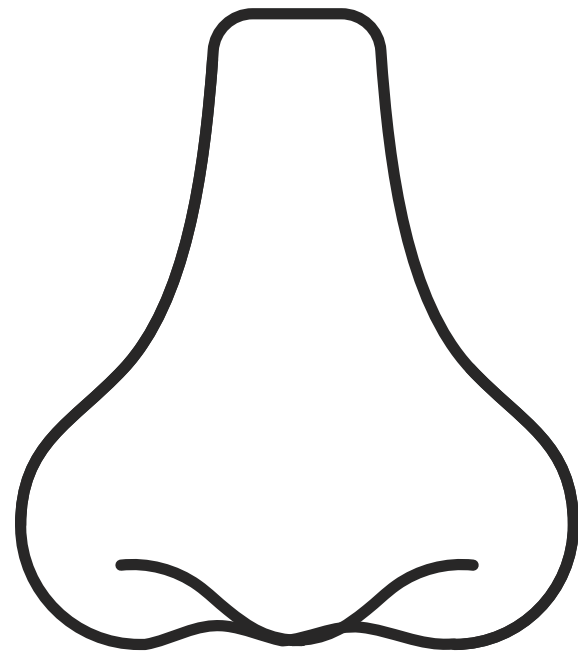
Cough



Sore throat



Difficulty breathing\*



Loss of taste or smell




Runny nose



Fatigue and muscle aches

## Other symptoms:

- Vomiting, diarrhea for more than 24 hours
- Pink eye (conjunctivitis)
- Headache
- Skin rash of unknown cause
- Poor feeding in an infant
- Nausea or loss of appetite

 If you have severe difficulty breathing (e.g., struggling for each breath, speaking in single words), chest pain, confusion, extreme drowsiness or loss of consciousness, **call 911**.



## **Please stay home if:**

- **you are feeling sick**
- **a household member is sick**
- **if you have been identified as a close contact**

E-mail [\*\*moe@heartlandenglish.com\*\*](mailto:moe@heartlandenglish.com) and let her know that you are feeling sick or have been in contact with a COVID positive case.

When possible, we can arrange for you to study online.





## What to do if you (or a household member) are sick:

- Stay home
- E-mail [moe@heartlandenglish.com](mailto:moe@heartlandenglish.com) to let her know you will miss class
- Complete the self-screening tool or call HealthLinks:
  - [Click here](#) for the self-screening tool
  - or call Health Links at 204-788-8200
- Follow the requirements based on your screening test results. This could include:
  - Get a COVID-19 test at a Winnipeg testing site based on self-screening results
  - Follow isolation requirements from Manitoba Public Health
- If you choose not to get tested, you must isolate for 10 days
- If you are not required to get tested, you must be symptom-free for 24 hours
- Get a lot of fluids and rest

*See the next slides for instructions.*





# What is a "close contact"?

A close contact is someone you were within two metres/six feet for a total of 10 minutes over a 24-hour period.\*

**If you are a close contact, you should immediately limit your contact with others and self-isolate (quarantine) yourself at home and monitor for symptoms.**

**Anyone who has a positive rapid antigen test (RAT) is considered to have COVID-19 and should isolate and notify their close contacts.**

***\*Please note if a positive case is identified at Heartland, Public Health will help identify close contacts. Public health officials will review whether the close contact was consistently wearing a mask and other safety protocols followed during the period of exposure. If the exposure is assessed to be low-risk contact, students and staff will be advised to self-monitor for symptoms and not be required to self-isolate (quarantine) if asymptomatic.***



# Self-Isolation Requirements

**Isolation means stay at home.**

- **Fully vaccinated and NO symptoms** – isolate for five days from date of positive test.
- **Fully vaccinated and HAS symptoms** – isolate for five days from the day symptoms started or the date of their positive test (whichever is later). Continue to isolate until there is no longer a fever and other symptoms have been improving over the previous 24 hours.
- **Not fully vaccinated** – isolate for 10 days from the day symptoms started or the date of their positive test (whichever is later). Continue to isolate until there is no longer a fever and other symptoms have been improving over the previous 24 hours.

[Click here for more information about self-isolation rules.](#)





# Self-Isolation Requirements

**If you have COVID-19 symptoms, you must isolate at home:**

- It is best to stay in your own room and have a separate bathroom if possible
- Wear masks and isolate apart from household members
- Have someone safely drop off food at your door
- Have groceries and food delivered to your curb



[Click here for more information about self-isolation rules.](#)





# COVID-19 Test Locations

**There are eleven COVID-19 testing sites in Winnipeg.** The clinic staff will give you more information about taking a PCR test on-site or will give you a rapid antigen test (RAT) to take at home.

## **Locations with rapid antigen tests:**

- 125 King Edward St. (drive-in)
- 1284 Main St. (drive-in)
- 1066 Nairn Ave. (walk-in)
- 1 Research Rd. (appointment required)
- 604 St. Mary's Rd. (appointment required)
- 820 Taylor Ave. (appointment required)

Contact [moe@heartlandenglish.com](mailto:moe@heartlandenglish.com) to help you book an appointment or find a location.

[Click here to find all testing site locations and hours.](#)







# Information about Masks

**N95, KN95 and medical (surgical) masks are recommended. Cloth masks are not effective on their own.**

To help prevent you and others from being exposed to COVID-19, make sure whatever mask or respirator you choose is:

- well constructed
- well fitting
- worn properly

Don't use masks or respirators with exhalation valves. They allow infectious respiratory particles to escape. They do **not** help prevent the spread of COVID-19. [Click here for more information.](#)



**KN95**



**N95**



**Medical Mask**



# COVID-19 mask use:

## How to make your mask fit properly

When layered with other recommended public health measures, a well-constructed, well-fitting and properly worn mask can help prevent you and others from being exposed to COVID-19. No matter which type of mask you are using, proper fit is a key factor in its effectiveness.

### How to make your mask fit properly



Make sure your mask completely covers your nose, mouth and chin.



Check for gaps between your face and your mask.

- Check the top, sides and bottom of your mask.



- Check the edges of your mask for air leaks and adjust if necessary.



Improve mask fit so it's snug and has no gaps.

- Adjust the ties, bands or ear loops.



- Adjust the nosepiece.

Other ways to improve mask fit include:

Activate W

[Source: Government of Canada](#)



## Other ways to improve mask fit include:



Tie knots in the ear loops.



Tuck in the sides of the mask so that it lies flat against your face.



Use a mask fitter or brace to help provide a snug fit.



Layer a well-fitting non-medical cloth mask over a disposable mask to help push the edges of the disposable mask closer to your face.

- Make sure that you can still breathe easily when wearing 2 masks.



Consider keeping facial hair shaved or short if possible, as this allows the masks to fit more closely to your face.



# COVID-19 Vaccination

All students must show proof of vaccination to study in-person. However, we strongly advise that everyone get vaccinated.

**International students are eligible to be vaccinated in Manitoba.**

**COVID-19 vaccines are available for anyone ages 5 and up.**

**You are eligible for a booster shot (3rd dose) six months after your 2nd dose.**

*See the next slide for instructions to book your vaccine.*



# Booking Your Vaccine

Call the vaccine hotline at **1-844-626-8222** to book a COVID-19 vaccine appointment.

You can also call a medical clinic or pharmacy near you to book a vaccine appointment.

Email **moe@heartlandenglish.com** for help booking your appointment.

**Click here to find a vaccine clinic near you.**





# Immunization Card

Fourteen (14) days after your second dose, you can get a immunization card.

**This Manitoba immunization card is required to enter places like restaurants, museums, gyms, and many indoor locations.**

Email [moe@heartlandenglish.com](mailto:moe@heartlandenglish.com) for help requesting your immunization card.

[Click here for instructions to request your card.](#) 





# Vaccination & Travel

**As of January 15, 2022, everyone must be fully vaccinated to come to Canada.**

**Starting March 1, everyone must be fully vaccinated to depart Canada.**

**Anyone who is not yet vaccinated, would need to quarantine for 14 days upon arrival and then are eligible to get vaccinated.**





# What is "fully-immunized"?

- Two (2) weeks after their second dose in a two-dose series, such as the Pfizer, Moderna, or Astra Zeneca vaccines, or
- Two (2) weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
- Two (2) weeks after receiving three (3) doses of a non-Health Canada approved vaccine
- Individuals who have received one or two doses of COVID-19 vaccines outside of Canada with vaccines not approved in Canada require a dose of Pfizer or Moderna to be considered fully immunized

People who have received some but not all of the required doses of a COVID-19 vaccine are considered **partially vaccinated**.

People who have not received any doses of COVID-19 vaccine are considered **non-vaccinated**.

[Click here for more information.](#)





# Thank you for keeping everyone safe.

We are all in this together.

Don't worry if you have to miss class if you are sick.  
Heartland will make every effort to accommodate you  
online and help with your study plans.

Let us know if you have any questions:  
**[info@heartlandenglish.com](mailto:info@heartlandenglish.com)**

