



RURAL MUNICIPALITY OF WHITEHEAD

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Coming Home to Whitehead?

With the winter season coming to an end, we are starting to see the snowbirds return home to Whitehead.

The Municipality of Whitehead is strongly suggesting to people that have recently returned, or planning to return soon, to **Self-Isolate for 14 days**. This includes all people coming from;

- international countries,
- United States and
- provinces where there are confirmed cases of COVID-19.

Please be aware of the following:

According to the Centers for Disease Control and Prevention those at highest risk for COVID-19 are those that are:

- **Older adults (60+)**
- **Individuals that have serious chronic conditions like;**
 - Heart Disease
 - Diabetes
 - Lung Disease

The Municipality of Whitehead is reminding all returning residents that it is important to:

- Self-Monitor for symptoms of COVID-19 for **14 days** immediately after returning.
- Travelers that are experiencing cold or flu-like symptoms within that **14 day** period should contact Health Links-Info Santé to determine if testing for COVID-19 should be considered.
- In cases where testing is not recommended, they should **Self-Isolate until they feel better**.

Public Health officials are reminding all Manitobans to frequently wash their hands, sneeze into their sleeves and to stay home when sick.

Any person that has concerns about their exposure or risk of having COVID-19 should first call **Health Links-Info Santé at 204-788-8200 or toll free at 1-888-315-9257** to ensure they receive the appropriate medical advice.

Being prepared also means seeking official sources of information such as on the Province of Manitoba's website at www.gov.mb.ca/health/coronavirus to ensure the most up-to-date and accurate information is being used.

Government and associated websites are the best areas to gather information.

Check in with your neighbours, create a buddy system incase you get sick or you have an elderly neighbour beside you and let them know if you have developed a plan and what your plan entails to encourage them to do the same.