

April 20, 2020 - Walinga Carman - COVID-19 UPDATE

As noted previously, there is no way that we can guarantee that someone won't pick-up the virus. Therefore, it is up to us to do the best job possible to mitigate risk. For that to happen we need everyone pulling together and watching each other's backs. More so, now than ever before, it is **IMPORTANT TO IDENTIFY SYMPTOMS AND RESPOND IMMEDIATELY** in order to better protect yourself, your co-workers and your household. As testing has increased, the list of symptoms has increased substantially as symptoms of COVID-19 now include:

- severe difficulty breathing, severe chest pain, feeling confused, losing consciousness: **if experiencing any of these call 911 or go directly to your nearest emergency department**
- fever, chills, cough that's new or worsening, bark cough, making a squeaky or whistling noise when breathing, shortness of breath, sore throat, difficulty swallowing, hoarse voice (more rough or harsh than normal), runny nose, stuffy or congested nose, lost sense of taste or smell, headache, digestive issues (nausea/vomiting, diarrhea, stomach pain), fatigue (lack of energy, extreme tiredness), falling down more than usual: **if experiencing any of these symptoms, call Health Links (1-888-315-9257). As we are an essential service provider they will direct you to the nearest COVID-19 Testing Site* for testing.**

You are required to have testing completed immediately while experiencing any of the symptoms indicated. Arranging for a test when you are asymptomatic is of no benefit and will require you to self isolate for the 14 days minimum as indicated in the COVID-19 self assessment tool. **If you were tested and results prove negative though, you may return to work after being 24 hours asymptomatic with no new symptoms and having provided your employer with a copy of the test results** (depending on date of test results and personal health this can be well in advance of the 14 day period).

*** Current testing sites in the surrounding area include:**

Drive Through Community Testing Site

Winkler Centennial Arena, 600 Park Street, Winkler, MB

- Hours: 9 a.m. to 3 p.m. daily, 7 days per week

Drive Through Community Testing Site

Stride Centre, 245 Royal Rd , Portage la Prairie, MB.

- Hours: 9 a.m. to 3 p.m. daily, 7 days per week

If you have a positive test result, Public Health Officials will call you directly, if you have a negative test result it may take longer for you to be advised of your test results.

Always remember - It is not just about you, it is about us... we must protect ourselves and those around us.

Walinga Management - and your Corporate EH&S Team