# RESOURCE DIRECTORY FOR MIGRANT WORKERS IN MANITOBA

With the support of Employment and Social Development Canada, the Manitoba Association of Newcomer Serving Organizations (MANSO) has developed a live resource directory to share with our members and key stakeholders. This directory resource was created to support the unique needs of migrant workers. This includes workers with work permits giving them temporary status, such as Seasonal Agricultural Workers (SAWs) and Temporary Foreign Workers (TFWs).

Updated August 2026

MANSO
MANITOBA ASSOCIATION OF NEWCOMER SERVING ORGANIZATIONS

## Resource Directory


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This symbol indicates that a resource is specific to agricultural workers

*If you find that this resource is out-of-date or a hyperlink is not working, please let us know at k.loeb@mansomanitoba.ca*

# WORKPLACE SAFETY RESOURCES, RIGHTS PROTECTION, AND ABUSE REPORTING

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[English]
The following is a list of the rights and protections that you have as a migrant worker in Manitoba. This section includes information on workplace safety - including guidelines on working safely and directions on getting help when you get injured at work; it also includes information about your wage and the smallest amount of money that you can be paid for work, and also the maximum amount of time you can be made to work in a day.

[Español]
Lo siguiente es una lista de los derechos y protecciones que tiene como trabajador migrante en Manitoba. Esta sección incluye información sobre seguridad en el lugar de trabajo, incluyendo ejemplos sobre cómo trabajar de manera segura e instrucciones sobre cómo obtener ayuda cuando se lesiona en el trabajo; también incluye información sobre su salario y la cantidad mínima de dinero que se le puede pagar por el trabajo, y también la cantidad máxima de tiempo que se le puede obligar a trabajar en un día.

[Tagalog]
Ang sumusunod ay isang listahan ntg mga karapatan at proteksyon na mayroon ka bilang isang migranteng manggagawa sa Manitoba. Kasama sa seksyong ito ang impormasyon tungkol sa kaligtasan sa lugar ng trabaho – kabilang ang mga alituntunin sa ligats na pagtatrabaho at mga direksyon sa paghingi ng tulong kapag nasugatan ka sa trabaho; kasama rin dito ang impormasyon tungkol sa iyong sahod at ang pinakamaliit na halaga ng pera na maaari mong bayaran para sa trabaho, at gayundin ang pinakamatagal na bilang ng oras na maaari mong gawin upang magtrabaho sa isang araw.

# Canada

**Reporting Abuse and Misuse**

Canada takes the abuse of temporary foreign workers very seriously. The following links lead to federal government pages that provide important information about reporting abuses.

1. Learn about reporting an abuse - This link explains the different types of abuses that can be reported, the things to know, and the information required to make a report
2. Make a report about abuse- This link leads directly to the Government of Canada online forms to make an abuse report
3. For more information call Service Canada Confidential Tip Line at 1-866-602-9448

**Temporary Foreign Worker Program Employer Compliance**

Each employer has a set of obligations that they must comply with. If an employer is suspected of not fulfilling these obligations, an inspection may take place. It is important for the employer and employee to be aware of these obligations for the protection of both parties.

Employer compliance: This link leads to a list of obligations of your employer. It explains the credentials required before someone can employ a TFW, the relevant records that must be kept and the particular situations employers are obligated to report.

**Migrant Worker Hub: Resources for SPOs serving TFWs**

A Safer Space for Migrant Workers: The Affiliation of Multicultural Societies and Service Agencies of BC (AMSSA) has put together an information sheet to help employers understand and navigate around the barriers that stand in the way of intercultural communication. They have identified issues such as a lack of knowledge about the different communication styles in different cultures, stereotypes, unconscious bias, and language barriers as important factors which employers should always work to avoid. By acknowledging these barriers the hope is to create a safer space for migrant workers.

# Manitoba

**A Guide to Employment Standards in Agriculture**

Employment Standards in Agriculture at a Glance: The Government of Manitoba has created a guide to employment standards in agriculture. The guide outlines the most important pieces of information seasonal agricultural workers should be aware of. The Government of Manitoba has created a chart outlining the most common employment standards provisions in the province and to whom they apply within agriculture.

**A Guide to Workplace Rights and Protections for Foreign Farm Workers in Manitoba**

The Government of Manitoba has created a list of rights and protections for Temporary Foreign Workers that are ensured by the province. It is important to be aware of these rights in order to be able to

identify any violations. The government fact sheet lists the most frequently asked questions and addresses a variety of helpful topics. Below you can find information about:

- Manitoba's minimum wage and pay statements
- Tax deductions and what your employer cannot charge you for
- Vacation pay and what happens if you or your employer choose to end the job early

The entire fact sheet in also available in Spanish

**Employer Registration and Foreign Worker Recruitment License Information**

The *Work Recruitment and Protection Act*, created to increase protections for foreign workers, mandates that anyone interested in engaging in recruiting foreign workers in Manitoba requires a license from Employment Standards. The act outlines the obligations of the recruiters in order to get approval of their license.

Employer Registration Information Fact Sheet: The Employment Standards Government of Manitoba Employer Registration fact sheet provides information about foreign worker recruitment and general expectations that come along with the role. It also addresses frequently asked questions such as: What should an employer do if there is no job when the worker arrives? What if the employer needs to lay off a worker? or Who pays the fees associated with immigration assistance?

Foreign Worker Recruitment License Information Fact Sheet: The Employment Standards Foreign Worker Recruitment License fact sheet provides basic information about the application process and license renewal. It also explains the boundaries between workers and recruiters.

- Recruiters **cannot charge workers any fees**, either directly or indirectly.

**SAFE Work Manitoba**

SAFE Work Manitoba has created resources to help workers understand their rights and responsibilities for safety at work and help employers carry out safety training and orientation.

- The Being Safe at Work Guide contains information in plain language about how people get hurt at work, workers' and employers' rights and responsibilities, and the right to refuse.
- SAFE Work also provides information about reporting serious incidents.
- Many downloadable safety and health guides are available.
- Contact SafeWork Manitoba at: 1-855-957-7233

**Workers Compensation Board of Manitoba (WCB)**

If you are injured at work or become ill because of your job, the WCB provides benefits to support your recovery. All workers in Manitoba, regardless of their status in Canada, have the right to make an injury claim with the WCB.

How to report an injury to the WCB

If you are hurt at work, follow these simple steps to report your injury, get medical treatment and claim workers compensation benefits.

1. Report the injury to a supervisor - Tell your supervisor immediately that you were hurt at work. Your supervisor may ask you to complete a form with information about the injury. Your employer will also report your injury to the WCB.
2. Go to a healthcare provider - Get the medical treatment you need. When seeking treatment, inform your healthcare provider that you were injured on the job. The doctor will complete paperwork to help the WCB decide on your claim and manage your injury.
3. Report your injury to the WCB - If you miss time from work or see a healthcare provider because you were hurt at work, call the WCB at 1-855-954-4321. A WCB representative will take your injury details and other information. We also offer translation services to assist you in speaking with a WCB representative in your preferred language.

You can also report your injury through the WCB Worker Connect app, which is available for Apple and Android devices. It is available in both English and French.

It is against the law for an employer to:

- prevent or discourage a worker from making a WCB claim.
- punish a worker for reporting a workplace injury or claiming WCB benefits. This includes laying off, terminating, transferring or demoting the worker.
- not pay you for your whole shift on the date of your workplace injury.
- If you believe an employer has taken any of these actions, you have the right to report it to the WCB, and we will investigate.

# RESOURCES FOR TFWs IN MANITOBA

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[English]

The following is a list of resources available to temporary workers in Manitoba. This section begins with information about finances - topics covered include: how to recognize and avoid scams, how to do taxes, and tips on how to be financially responsible. The next section focuses on different food resources across Manitoba, explaining where to access food hampers and community supported food. Next is a list of housing resources which help explain how to rent a home in Manitoba, and which organizations may be able to help you with the process. The next section provides information about the settlement services located in different communities across Manitoba and what programs are available to people with temporary status. The next set of resources in this section focus on employment supports; many of the programs offered have different focuses, topics range from resume writing and interview skills to actual job training and gaining certifications. The final set of resources focuses on health. This section provides information about physical and mental health resources, as well as abuse and addiction support.

[Español]
La siguiente es una lista de recursos disponibles para trabajadores temporales en Manitoba. Esta sección comienza con información sobre finanzas; los temas que se tratan incluyen: cómo reconocer y evitar estafas, cómo hacer los impuestos y consejos sobre cómo ser financieramente responsable. La siguiente sección se enfoca en diferentes recursos alimenticios en Manitoba, y explica dónde acceder a las cestas de alimentos apoyados por la comunidad. La siguiente es una lista de recursos de vivienda que ayudan a explicar cómo alquilar una casa en Manitoba y qué organizaciones pueden ayudarlo con el proceso. La siguiente sección proporciona información sobre los servicios de ayuda ubicados en diferentes comunidades de Manitoba y qué programas están disponibles para las personas con estatus temporal. Los siguientes recursos de esta sección se centran en el apoyo al empleo; muchos de los programas ofrecidos tienen diferentes enfoques, los temas van desde la redacción de currículums y habilidades para entrevistas hasta capacitación laboral y obtención de certificaciones. La lista final de recursos se centra en la salud. Esta sección proporciona información sobre recursos de salud física y mental, así como apoyo para el abuso y la adicción.

[Tagalog]
Ang sumusunod ay isang listahan ng mga mapagkukunang magagamit ng mga pansamantalang manggagawa sa Manitoba. Nagsisimula ang seksyong ito sa impormasyon tungkol sa pananalapi – ang mga paksang sakop ay kinabibilangan ng: kung paano kilalanin at maiwasan ang mga “scam” o panggagantso, kung paano guawa ng mga buwis, at mga tip sa kung paano maging responsible sa pananalapi. Nakatuon ang susunod na seksyon sa iba’t ibang mapagkukunan ng pagkain sa buong Manitoba, na kung nagpapaliwanag kung saan makakakuha ng mga “food hampers” o mga kahon o buslo na puno ng pagkain at pagkain na sinusuportahan ng komunidad. Susunod ay isang listahan ng mga mapagkukuhanan ng pabahay na makakatulong sa pagpapaliwanag kung paano magrenta ng bahay sa Manitoba, at kung aling mga organisasyon ang maaaring makatulong sa iyo sa proseso. Ang susunod na seksyon ay nagbibigay ng impormasyon tungkol sa mga serbisyo ng pag-areglo na matatagpuan sa iba’t ibang mga komunidad sa buong Manitoba at kung anong mga programa ang magagamit sa mga taong may pansamantalang katayuan. Ang susunod na hanay ng mga mapagkukunan sa seksyong ito ay nakatuon sa mga suporta sa pagtatrabaho; marami sa mga programang inaalok ay may iba’t ibang pokus, ang mga paksa ay mula sa pagsusulat ng resume at mga kasanayan sa pakikipanayam hanggang sa aktwal na pagsasanay sa trabaho at pagkuha ng nga sertipikasyon. Ang huling hanay ng mga mapagkukunan ay nakatuon sa kalusugan. Ang seksyong ito ay nagbibigay ng impormasyon tungkol sa pisiskal at metal na mga mapagkukunan ng kalusugan, pati na rin ang mga suporta sa pang-aabuso at pagkagumon.

# Finance

**Financial literacy**

The Little Black Book of Scams: The Competition Bureau of Canada has also created "The Little Black Book of Scams" in hopes to better inform anyone working and living in Canada about common scams and how to protect yourself from them. The Little Black Book of Scams describes many different types of scams, things to watch for and how to report a scam.

This resource is available in multiple languages: Arabic, Chinese Simplified, Chinese Traditional, French, Punjabi, Spanish, Tagalog

Talking about Money: There is a lot to know about earning and using money in Canada. MANSO has created a small booklet in plain language to help inform newcomers about what you need to do and know to be financially safe and responsible while working in Manitoba. The "Talking About Money" booklet covers the very basics of what you need to be aware of. The book discusses topics such as:

- Income: money you've earned and deductions (p.2)
- Income tax (p.4)
- Money management: How to make a budget (p.7)
- Banking services (p.11)
- Chequing and savings accounts: how to open and use different types of accounts (p.12)
- Electronic banking: types of services and safety tips (p.17)
- Investments: types of investments, how to get started and safety tips (p.19)

**Financial Responsibility: Income tax and Benefit Return**

Every adult living in Canada, even part-time residents, need to file an Income tax and Benefit return. The income taxes collected by the Canada Revenue Agency (CRA) go towards services and benefits that everyone in Canada shares, such as: roads, public safety and national defense, schools, hospitals, employment income assistance and child, family or disability benefits. Completing an Income Tax and Benefit Return can be difficult. Below are some of the resources available to help you with the process.

Get Ready to Do Your Taxes: This link leads to the government of Canada's 8 step guide on how to file your personal income tax. The page covers the important dates, details and information you need to know.

How To Get Your Taxes Done: Community Financial Counselling Services offers a number of different tax preparation services. Their services are available in many different forms: over-the-phone prep, drop-off forms, coached self-file learning and walk-in tax clinics.

- Contact Community Financial Counselling Services for a virtual tax appointment: 204-989-1913

MANSO maintains a list of free tax clinics in Manitoba. This resource page also includes a link to four videos by New Journey Housing that provide an overview of basic Canadian income tax, as well as information about how the Community Volunteer Income Tax Program (CVITP) can help you and what documents you need for income tax filing

Access to Benefits: Supporting Employment and Economic Development (SEED) Winnipeg helps people living on a low-income to file taxes, open a bank account, apply for benefits (such as the GST credit and the Canada Carbon Rebate) and apply for birth certificates, if born in Canada.

- The Access to Benefits and ID program
- Contact: 204-927-9935

## Food



There are a number of services across Manitoba that provide emergency and community supported food. These supports range from emergency hot meals to weekly food hampers and community exchanges.

In Winnipeg:
Harvest Manitoba
1JustCity
Agape Table

Manitoba's rural communities:
Portage la Prairie- Food Programs Resource Guide
Brandon, Dauphin, Portage la Prairie, Winnipeg - Food Resources and Food Banks
South East Manitoba Service providers (Steinbach, Ile des Chenes, Lorette, Niverville) - Food supports on pages 1 and 2
Food supports in Manitoba (choose topic "Food / Basic Needs")

# Housing

Everyone working in Manitoba needs a place to live. You can either buy a home or you can rent one. Most people temporarily living in Canada will choose to rent a home.
Renting a Home in Manitoba - This MANSO booklet contains all the information you need to know about the basics of renting a home including:

- Where and how to look for a home (p.10)
- Housing costs and subsidized housing (p.7)
- How to apply for housing (p.15)
- Your responsibilities as a tenant (p.19)
- Your landlord's responsibilities (p.19)
- How to pay rent (p.21)
- How to get help paying rent (p.23)
- How to care for your living space (p.28)

This booklet is also available in French.

There are housing agencies in Manitoba that can help you find and apply for a place to live.
New Journey Housing: This organization helps find affordable housing for all newcomers in Manitoba. The New Journey Housing website has a large amount of resources including:

- Tips for Renters
- Resolving Rental Problems
- Contact: 204-942-2238

West Central Women's Resource Centre (WCWRC): WCWRC provides one-on-one settlement support for women and families including permanent residents, refugee claimants and people with temporary visas. Their settlement support includes:

- Housing, tenant rights & rent assistance
- Benefits & income support
- Free community services & programs
- Child care & subsidy
- Language classes
- Health & family doctors
- Programs for children, youth & families
- Contact WCWRC: 204-774-8975

A&O Support Services for Older Adults: Provides support to older adults

- Contact: 204-956-6440

# Settlement Services per Community 

Not all newcomer focused programs are available to non-permanent residents. Below are organizations and resources that are available to migrant workers across Manitoba.

MANSO Member Services for Newcomers with Temporary Immigration Status: This MANSO document outlines the services available to people with temporary immigration status. The content of this document is meant to connect people with temporary status to service providing organizations. The document covers many important services including:

- Mental health supports (p.3)
- Language training (p.4)
- Employment (p.5)
- Youth and family supports (p.5)
- Housing (p.7)
- Disability (p.7)
- Services for specific groups of newcomers with temporary status (p.8)

The Manitoba organizations listed below all have special programs to support migrant workers

Neepawa and Area Immigrant Settlement Services(NAISS): NAISS provides 2 programs available to migrant workers:

- Temporary Foreign Workers Program: Workshops and additional information about settling in the area
- Settlement Workers in Schools Program (SWIS): Serves families with temporary immigration status
- ❖ Contact: 204-476-2055

Westman Immigrant Services (WIS): Offering services in Brandon, Cartwright, Russell and Virden, Westman Immigrant Services has 3 programs available to people with temporary status:

- Assessments and referrals
- Manitoba Adult Language Training Initiative (MALTI): This program focuses on stage two language and employment
- Settlement Workers in Schools Program
- Contact:
    - Brandon: 204-727-6031

    - Russell: 204-773-4792
    - Virden: 204-748-1560
    - Southwest (Cartwright, Boissevain and Killarney): southwest@westmanimmigrantservices.ca

Regional Connections: Offers services in Winkler, Morden, Altona, Arborg, Notre Dame, Selkirk and Dauphin. Regional connections also offers services to people with temporary status living in rural Manitoba, such as TFW's and SAW's:

- General settlement support including outreach services to farms and workplaces, employer partnerships, and complex case support for vulnerable workers
- Assessments and referrals
- Settlement Workers in Schools program
- English at Work partners with employers to provide English language training on-site in the workplace
- Contact:
    - Winkler: 204-325-4059
    - Morden: 204-822-4387
    - Altona: 204-324-6858
    - Dauphin: 204-647-0693
    - Arborg: 431-356-1500
    - Notre Dame: 204-361-5137
    - Selkirk: 204-361-5793

Migrante Manitoba: Provides support and advocates for the rights and welfare of migrants

- Contact: 204-410-3565

Portage Learning and Literacy Centre: Offers service in Portage la Prairie Manitoba.

- Settlement Workers in School Program
- Contact: 204-857-6304

# Employment Supports

Below are a list of organizations that have employment program options available to people with temporary immigration status

Manitoba Start: Offers career services programs and career coaching for all newcomers looking for a job. Below are some details about the programs that Manitoba start offers.

- E-Learning Workshops: Help participants develop a resume and career plan, identify career goals, and learn how to research the Manitoba labour market
- Virtual Fridays: Practice interview skills, networking and job searching, strategies for writing a good resume, and become aware of the occupation specific qualifications required to pursue your career in Canada
- Career Coaching sessions: Make meaningful connections with the Manitoba labour market
- Contact: 204-944-8833

Opportunities for Employment: Offers free employment services to connect job seekers with employers. There are several free programs that are available for newcomers.

- Contact: 204-925-3490

Elmwood Community Resource Centre (ECRC): ECRC is an organization that aims to provide programs and services to community members of all ages and cultures.

- Building Futures: It is an employment and workplace literacy program for adult immigrants 18-years of age who have permanent residency and a work permit.
- Elmwood Youth Employment Experience: This program is a 17-week paid employment program open to people from ages 18-30 in Winnipeg. Youth are provided with hands-on experience in resume development, cover letter writing, interview preparation skills, job lead skills, soft skills, and life skills.
- GOAL Adult Literacy: It is a free literacy program for adult learners 18 years and older. Students work on Adult Learning and Literacy curriculum and on independent programs of study to achieve personal learning goals. The program emphasizes essential skills. to build literacy, numeracy and employability skills for students.
- Contact: 204-982-1720

Westman Immigrant Services: The Bridging to Employment program has been designed to assist newcomers in finding employment in Brandon, Manitoba. Newcomers must have CLB 5-8, all participants will undergo a Language Assessment prior to being accepted. This program is 12 weeks long and covers a variety of topics including:

- Get certified in: First Aid/ CPR, Food Safe, WHMIS
- Communication Skills: customer service training, Canadian Workplace culture, soft skills (including zoom)
- Indigenous and Cultural Awareness
- Mental Illness and Suicide Prevetion
- Canadian Health and Safety
- Canadian Employment standards

- Resume, cover letters, job search and interview techniques
- Contact:
    - Brandon: 204-727-6031
    - Russell: 204-773-4792
    - Virden: 204-748-1560
    - Southwest (Cartwright, Boissevain and Killarney): southwest@westmanimmigrantservices.ca

# Health 

**Physical Health**

Health Links / Info Santé: A phone based nursing triage system that offers service in over 200 different languages with over-the-phone interpreters. Callers are given advice on what health-care path they should follow depending on the reason for calling. You can call health links to also learn about general health information and get help in finding health resources in local communities across Manitoba.

- Contact:
    - In Winnipeg at: 204-788-8200
    - Outside of Winnipeg: 1-888-315-9257

*The help line message requests that callers have their Manitoba health card; however, they will serve anyone who lives in Manitoba.

Cancer Care Manitoba:

- 1-855-881-4395 (Underserved Populations Program)
- Individual contact: Anna Weier
- email: aweier@cancercare.mb.ca

Women's Health Clinic:

- (204) 947-1517 / toll-free: (866) 947-1517
- Midwifery/Perinatal Care

**Mental Health**

Mental health support: Get Help: This Government of Canada website offers information and access to immediate mental health services. The website also provides tips on how to take care of your mental health and resources that are specific to Manitoba.

- Contact: 1-866-585-0445

Manitoba Farm Rural & Northern Support Services: Provides free, confidential and non-judgmental counselling for anyone who lives on a Manitoba farm, or in a rural or Northern community – remote (online or via phone).

- Contact: 1-866-367-3276

Anxiety Disorders Association of Manitoba (ADAM): This association provides programs and support to those with anxiety. The Anxiety and Worry Support Program runs online meetings and ADAM also provides over the phone peer support.

- Contact: 1-800-805-8885

Suicide Crisis Helpline: This Government of Canada website offeres direct access to many helpful resources in times of crises. There are supports for a large range of situations including:

- If you need urgent help
- If you are unsure if you need help
- If you are worried about someone else
- Call/text 988 toll-free anytime to speak with a supportive responder
- In case of emergency: Call 911

Resilia Community Wellness Centre: This organization offers therapy and healing programs specific to newcomers including migrant workers. Support and therapy are available to individuals, couples, families and groups. Services are available in any language of preference.

- Newcomer Mental Health Services: A support program for those that have experienced moderate to severe trauma
- Newcomer Community Groups
- Contact: 431-877-1371

**Addictions**

Addictions Foundation of Manitoba:

- Access the Manitoba Addictions Helpline: 1-855-662-6605

**Violence Against Women**

Sheltersafe: Help is just a click away. ShelterSafe is an online resource for women and their children seeking safety from violence and abuse.

Manitoba Association of Women's Shelter: This website provides information on the shelters and services across Manitoba available to women.

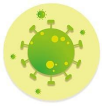
- Find services across Manitoba

You are Not Alone: This Government of Manitoba website provides information about services for people who have experienced sexual violence, including sexual assault and rape. There are five informational videos to introduce some helpful organizations and resources available.

- Sexual Assault 24 hour Crisis Line: 1-888-292-7565

Klinic Community Health: This organization provides primary health care services to priority populations including newcomers.

- Contact:
    - 24-hour crisis phone line for mental health emergencies: 204-786-8686 in Winnipeg or 1-888-322-3019 outside Winnipeg.
    - To book over the phone counseling appointment call 204-784-4090
    - 24-hour Sexual Assault Crisis Line: 204-786-8631 in Winnipeg and 1-888-292-7565 (toll-free) in Manitoba

# COVID-19 Information 

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[English]

The following is a list of resources to help you learn more about COVID-19. This section begins with general information about COVID-19 followed by key information about the COVID-19 vaccine. The next section focuses on Manitoba's pandemic response system, explaining the current risks, responses and recommended actions for all those living in Manitoba. The section following focuses on the symptoms and treatment for COVID-19; this section explains how to reduce the spread of COVID-19, how to recognize symptoms related to COVID-19, and when and why you should get tested for COVID-19.

[Español]
La siguiente es una lista de recursos para ayudarlo a informarse mejor sobre el COVID-19. Esta sección comienza con información general sobre el COVID-19 seguida de información clave sobre la vacuna contra el COVID-19. La siguiente sección se centra en el sistema de respuesta a la pandemia de Manitoba y explica los riesgos actuales, las respuestas y las acciones recomendadas para todos los que viven en Manitoba. La siguiente sección se centra en los síntomas y el tratamiento de la COVID-19; esta sección explica cómo reducir la propagación de COVID-19, cómo reconocer los síntomas relacionados con COVID-19 y cuándo y por qué debe hacerse la prueba de COVID-19.

[Tagalog]
Ang sumusunod ay isang listahan ng mga mapagkukunan upang matulungan kang matuto nang higit pa tungkol sa COVID-19. Nagsisimula ang seksyong ito sa pangkalahatang impormasyon tungkol sa COVID-19 na sinusundan ng pangunahing impormasyon tungkol sa bakuna para sa COVID-19. Nakatuon ang susunod sa seksyon sa sistema ng pagtugon sa pandemya ng Manitoba, na nagpapaliwanang sa mga kasalukuyang panganib, tugon at inirerekomendang aksyon para sa lahat ng nakatira sa Manitoba. Ang sumusunod na seksyon ay nakatuon sa mga sintomas at paggamot para sa COVID-19; ipinapaliwanag ng seksyong ito kung paano bawasan ang pagkalat ng COVID-19, kung paano makilala ang mga sintomas na nauugnay sa COVID-19, at kung kailan at bakit ka dapat magpasuri para sa COVID-19.

**COVID-19 Key Information compiled by MANSO**
MANSO COVID-19 Vaccine Resources: This link leads to a document with key COVID-19 information by Health Canada prepared by MANSO. Along with general COVID-19 information, this document also provides links to some specific details including:

- Information on the immunization plan
- What to do after you get the vaccine
- Common myths about the vaccine

* All the multilingual resources in this document are marked with orange

**Manitoba**
Government of Manitoba Pandemic Response System: The Manitoba Pandemic Response System allows people to remain up to date on the risks, responses and recommended actions for people living in Manitoba in response to COVID-19. Different regions in Manitoba have additional responses to consider, look to the bottom of the page to find out if there are any additional responses in the region you are in.

Vaccination Information

The COVID-19 vaccinations help protect everyone. They are the best defense against COVID-19. The vaccines help prevent the spread of the virus and lessen the symptoms of the virus for those that do contract it. Below is a list of important resources to look at to learn more about vaccinations.

Eligibility and Recommendations: This Government of Manitoba link explains that all people in Manitoba aged 6 months or older are eligible for the COVID-19 vaccine. The site also explains which type of vaccine may be recommended for you depending on your age and medical history.

Public Health Fact Sheet on Vaccines for Adults: This Government of Manitoba fact sheet explains the following:

- Why you should got the COVID 19 vaccine
- Which vaccine is best for you
- When you should get the vaccine
- Possible side-effects

Dr. Joss Reimer: This link leads to a short video where the medical lead for the provincial Vaccine Implementation Taskforce, Dr. Joss Reimer, confirms that the vaccine is free and available to everyone in Manitoba regardless of status.

**Canada**

COVID-19: Symptoms and Treatment

Symptoms, treatment, what to do if you feel sick: This Government of Canada page explains:

- How to identify if you have COVID-19 (list of common symptoms and when they may appear)
- What to do if your symptoms are severe (Call 911)
- Quarantine instructions (how to properly isolate if you have COVID or have been exposed to the virus)
- Post COVID-19 conditions (what to do if your symptoms continue after no longer having COVID)

COVID-19: Prevention, Risks, and Quarantine

Information on how to prevent COVID-19 and how to quarantine

COVID-19: Prevention and risks: This Government of Canada page explains:

- How COVID-19 is spread
- Individual Public Health Measures (everyday actions you can practice to help reduce the spread of COVID-19)

- Community-based public health measures

COVID-19 Awareness: This Government of Canada website provides many infographics about how COVID may affect different people and daily life activities. This website is available in different languages and provides information and helpful videos on topics such as:

- People who are at risk of more sever disease or outcomes from COVID-19
- How COVID-19 impacts pregnancy, childbirth and caring for newborns
- Parenting during COVID-19
- Why to get vaccinated

Understanding COVID-19 testing: This Government of Canada website explains everything you need to know about testing for COVID-19 including:

- Important terms:
    - Positive result- you are currently infected
    - False Positive- you are not infected, but test positive (very rare)
    - Negative result- you are not currently infected
    - False negative- you are infected but test negative (this can happen when a test is done too early to detect the disease or the test is done incorrectly
- The accuracy of testing

Reduce the Spread of COVID-19: This Government of Canada website explains what you can do to reduce the spread of COVID-19. Small things such as washing your hands, staying up to date on your vaccinations and wearing a mask are just a few of the things you can do.

Reduce the spread of COVID-19 Wash your hands: The government of Canada has created a multilingual step-by-step guide on how to properly wash your hands

COVID-19 Mask Use: This Government of Canada website explains how to best choose, use and wear a mask. It explains the purpose of the mask, the do's and don't of wearing a mask and how to keep yourself and others safe

How to Quarantine or Isolate at Home if You Have or May Have COVID-19: This Government of Canada multilingual resource explains the basics of quarantine covering:

- When and why you should quarantine
- How to property quarantine
- What isolation means
- How to isolate
- How to reduce risk of spreading COVID-19 in your household