



Manitoba  
Chiropractors  
Association

## **COVID-19 Guidance for providing chiropractic care**

### **Restart Manitoba: Pandemic Response System Province of Manitoba: COVID-19 Restricted Level (Red) January 9, 2021**

The Manitoba government has extended public health orders from January 9 until January 22, 2021, as part of protecting Manitobans from COVID-19 following the holiday season.

At this time, there are no additional changes related to chiropractic care.

### **Restart Manitoba: Pandemic Response System Province of Manitoba: COVID-19 Restricted Level (Red) Effective December 12, 2020**

The Manitoba government has extended public health orders from Dec. 12 until Jan. 8, 2021, as part of protecting Manitobans from COVID-19 during the holiday season.

At this time, there are no additional changes related to chiropractic care.

### **Restart Manitoba: Pandemic Response System Province of Manitoba: COVID-19 Restricted Level (Red) Effective November 12, 2020**

The entire province of Manitoba moved to the Critical level (red) on the #RestartMB Pandemic Response System to halt COVID-19 transmission and protect Manitoba's most vulnerable.

Regulated health professions can continue to provide services. This means that all chiropractic offices can remain open and continue with the previously announced requirements for masking, sanitization and physical distancing.

### **Restart Manitoba: Pandemic Response System Winnipeg Metropolitan Region: COVID-19 Restricted Level (Red) Rest of Province: COVID-19 Restricted Level (Orange) Effective November 2, 2020**

Critical level (red) in the Winnipeg Metro Region includes the following changes:

- Bars and restaurants will be closed except for take-out and delivery.
- Most retail will be reduced to 25 per cent capacity.
- Sports and recreation programming will be suspended.

- Gyms and fitness centres will have reduced capacity to 25 per cent and masks will be mandatory, even when exercising.
- Movie theatres and concert halls will close.
- Personal services have no change and stay at 50 per cent capacity.
- Non-urgent and elective surgeries and diagnostics will be suspended.
- Visitation at all Manitoba hospitals has been suspended, with exceptions made on a case-by-case basis for patients receiving end-of-life care, in labour and delivery, as well as in pediatrics.
- Faith-based gatherings are reduced to 15 per cent or 100 people, whichever is lower.

Restricted level (orange) in rest of Manitoba includes:

- Public and private group gathering sizes limited to five, in addition to household.
- Capacity limited to 50 per cent at restaurants and bars, with group sizes limited to five.
- Reduced retail capacity to 50 per cent, encouraging limiting those who go shopping from each household.
- Blended learning for grades 9 to 12, voluntary blended learning temporarily available for kindergarten to Grade 8, encouraging as much physical distancing as possible.
- Personal services have no change and stay at 50 per cent capacity.
- Reduced spectators at sports and recreation facilities to 25 per cent.
- Gyms and fitness centers require contact information for all attendees and mask use at all times, except when exercising.
- Faith-based gatherings are reduced to 20 per cent or 250 people, whichever is lower.

At this time, there are no additional changes related to chiropractic care.

**Restart Manitoba: Pandemic Response System**  
**Winnipeg Metropolitan Region: COVID-19 Restricted Level (Orange)**  
**Effective September 28, 2020**

Community transmission of COVID-19 is occurring across much of the Winnipeg Regional Health Authority region. New clusters are occurring, but can be controlled through self-isolation, testing and contact tracing so they do not spread further. The health care system is currently able to manage COVID-19 case levels, however changes in restrictions and behaviours are required to prevent further level changes.

**Individuals in the Winnipeg Regional Health Authority region must:**

- Wear a mask in all public places.
- Limit public gatherings to a maximum of 10 people indoors and outdoors.
- Stay home when sick.
- Practice social distancing, hand washing/sanitizing and cough etiquette.
- Follow public health guidance on travel and self-isolation.
- Vulnerable people, such as seniors, are encouraged to exercise additional caution.

Previous provisions in place for all other sectors in this region remain in place. Further direction or additional restrictions may put in place by public health at any time.

The Winnipeg Metropolitan Region includes:

City of Winnipeg;	RM of Springfield;
City of Selkirk;	RM of St. Andrews;

Town of Stonewall;  
RM of Cartier;  
RM of Headingley;  
RM of Macdonald;  
RM of Ritchot;  
RM of Rockwood;  
RM of Rosser;

RM of St. Clements;  
RM of St. François Xavier;  
RM of Taché;  
RM of West St. Paul;  
RM of East St. Paul;  
Town of Niverville; and  
Village of Dunnottar.

The rest of Manitoba remains in the Caution (yellow) level. Public health officials may place the province or other regions or facilities in an elevated response level at any time.

For more information on current guidelines from the Manitoba Government, please visit:  
<https://www.manitoba.ca/covid19/restoring/index.html>

**Restart Manitoba: Pandemic Response System**  
**Full Prairie Mountain Health Region: Restrictions downgraded to COVID 19-Caution Level (Yellow)**  
**Effective September 18, 2020**

COVID-19 is still a threat across Manitoba, however transmission levels are low. The Chief Provincial Public Health Officer has set the response level to yellow for Prairie Mountain Health Region. For more information, please visit:

[https://www.gov.mb.ca/covid19/restartmb/prs/prairie\\_mountain/index.html](https://www.gov.mb.ca/covid19/restartmb/prs/prairie_mountain/index.html)

The rest of Manitoba remains in the Caution (yellow) level. Public health officials may place the province or other regions or facilities in an elevated response level at any time.

**Restart Manitoba: Pandemic Response System**  
**Full Prairie Mountain Health Region: RESTRICTED**  
**Effective August 24, 2020**

Community transmission of COVID-19 is occurring across much of the Prairie Mountain Health region. New clusters are occurring, but can be controlled through self-isolation, testing and contact tracing so they do not spread further. The health care system is currently able to manage COVID-19 case levels, however changes in restrictions and behaviours are required to prevent further level changes.

**Individuals in the Prairie Mountain Health region must:**

- Wear a mask in all indoor public places and at all public gatherings (indoor and outdoor).
- Limit public gatherings to a maximum of 10 people indoors and outdoors.
- Stay home when sick.
- Practice social distancing, hand washing/sanitizing and cough etiquette.
- Follow public health guidance on travel and self-isolation.
- Vulnerable people, such as seniors, are encouraged to exercise additional caution.

Previous provisions in place for all other sectors in this region remain in place. Further direction or additional restrictions may put in place by public health at any time.

### **Restoring Services (Phase 3)**

**Effective June 21, 2020**

#### **Therapeutic or Health Care Businesses**

**Change: allowing the use of non-permeable barriers (e.g. plexiglass) for distances less than two metres**

Changes include allowing closer than two metre/six foot distancing within personal services settings such as therapeutic services and hair and nail salons where a non-permeable physical barrier (e.g. Plexiglas) is installed. Occupancy levels will remain the same as in Phase Three.

Requirements for self-isolating when showing symptoms and physical distancing continue.

### **Restoring Services (Phase 2)**

**Effective June 1, 2020**

#### **Therapeutic or Health Care Businesses**

**Change: Occupancy limits lifted for all health professions.**

Occupancy limits of 50 per cent of normal business levels or one person per 10 square metres can be lifted for regulated and non-regulated health professions, including registered massage therapists.

### **Restoring Services (Phase 1)**

**Effective May 4, 2020**

#### **Therapeutic or Health Care Businesses**

At the direction of their respective regulatory bodies, regulated health professionals, such as chiropractors are no longer limited to providing urgent and emergent care.

Customers must maintain a distance of at least two metres, except when receiving service or for brief exchanges. These requirements will be enforceable under public health orders.

In addition to general public health guidance for businesses, other important considerations for these businesses include:

- Staff, patients or people attending with patients must use the self-screening tool before booking an appointment. <https://sharedhealthmb.ca/covid19/screening-tool/>
- Employees must stay home when ill with COVID-19 symptoms.
- Staff are given information about physical distancing.
- Entry into the business, including lines, are regulated to prevent congestion.
- Businesses must post external signs indicating COVID-19 physical distancing protocols, along with floor markings where service is provided or lines form.
- Businesses must maintain a single point of entry.
- Patients and people who may attend with patients are screened by telephone before an appointment is booked and are not given an appointment if they have COVID-19 symptoms.
- People identified as symptomatic should be instructed to call Health Links – Info Santé.

- Waiting room management strategies must be in place. Strategies should include waiting in car if possible, and physical distancing for those in waiting room. No more than 10 people may gather in common areas.
- Hand sanitizer is available at the entrance/exit for patient and staff use.
- Patients and people attending with patients must sanitize hands upon entry to facility.
- Work/service areas are sanitized after each patient.
- Washrooms have frequent sanitization and a regime for business sanitization is in place.
- Magazine racks and toys are removed and play areas in waiting rooms are closed.
- Patients may wear masks when receiving services, where possible.
- Cashless or no-contact payment should be used to the greatest extent possible.