

# COVID-19 Update

For more information:  
[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

Information for Indigenous communities:  
[Canada.ca/coronavirus-info-indigenous](https://Canada.ca/coronavirus-info-indigenous)



## National

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### Statement from the Chief Public Health Officer of Canada

While COVID-19 is still circulating in Canada and internationally, a vaccines plus approach continues to be essential to the pandemic response in Canada. This includes layering vaccination with timed and targeted public health measures and individual protective practices such as staying home/self-isolating if you have symptoms; getting tested if symptomatic and/or as recommended; being aware of risks associated with different settings; following local public health advice and consistently maintaining individual precautions.

[Properly wearing a well-fitted and well-constructed face mask](#) when in public or private spaces with others outside of [your immediate household](#), [avoiding crowding](#), and getting the [best ventilation possible in indoor spaces](#), are layers of protection that can reduce your risk in all settings.

Canadians are advised to [avoid all non-essential travel outside of Canada](#) at this time; if you must travel, be aware of current and rapidly evolving requirements for visiting other countries and for returning to Canada.

In addition to [getting fully vaccinated with COVID-19 vaccines](#) and [getting a COVID-19 vaccine booster dose](#) as recommended, we can also stay healthier during the winter respiratory season by getting up-to-date with other [recommended vaccines](#), such as influenza and [routine vaccines for children and adults](#). For additional information regarding vaccination in your area, reach out to your [local public health authorities](#), healthcare provider, or other trusted and credible sources, such as [Canada.ca](https://Canada.ca) and [Immunize.ca](https://Immunize.ca).

### COVID-19 symptoms

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. COVID-19 vaccines are all highly effective at preventing severe COVID-19 illness and death. However, vaccines are rarely 100% effective and you may still become infected with or without symptoms.

Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or more than 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- abdominal pain, diarrhea and vomiting
- feeling very unwell

#### You can infect others even if you don't have symptoms.

You may be infected but not have symptoms. However, you can still spread the virus to others. You may:

- develop symptoms later (be pre-symptomatic)
- never develop symptoms (be asymptomatic)

Follow the advice of your local public health authority on quarantine or isolation if you:

- don't have symptoms but have been exposed to someone who has or who may have COVID-19
- have tested positive

Vaccination efforts continue to increase vaccine coverage and lower community transmission. Even with increased coverage, continue to follow the advice of your local public health authority on the use of individual public health measures.

For the most up-to-date national information on COVID-19, visit the [Indigenous Services Canada](#) website or the Government of Canada's Twitter and Facebook pages at [@GCIndigenous](#) and [@GCIndigenousHealth](#).

## Regional

### Government of Canada Announces Funding for COVID-19 Safe Voluntary Isolation Sites in Manitoba

The Government of Canada is working with partners to protect the health and safety of Canadians and to reduce the spread of COVID-19 and its variants in Canada. Self-isolation is one of the most effective ways to help stop the spread of COVID-19. However, for some people in Canada, crowded housing conditions and high costs can make it unsafe or impossible to self-isolate, putting themselves, their families, and communities at risk through no fault of their own.

Voluntary isolation sites reduce the risk of spreading the virus among household contacts in situations where people are faced with crowded housing and do not have an alternative. These sites are one of the rapid response tools established to help stop the spread of COVID-19, and can be deployed to communities facing outbreaks.

The Safe Voluntary Isolation Sites Program directly supports cities, municipalities, and health regions that are at-risk of COVID-19 community transmission. Recipients selected under the Program provide an accessible location where people can safely self-isolate for the required period. Local public health officials determine eligible people who may be offered the option to transfer to the isolation site on a voluntary basis to keep them and their household contacts safe during an outbreak in their community.

### Get your booster dose

To ensure the strongest immune response possible, the timeline between the second and third dose is being shortened for some individuals. Anyone aged 50 or older or those aged 18 or older who live in a First Nations community who received their second dose a minimum of 5 months ago are now strongly encouraged to receive their third dose. A six month timeframe between second and third doses continues to be recommended for most other eligible Manitobans.

**NEW:** A fourth/booster dose is recommended for [moderately to severely immunocompromised](#) individuals. This should be given at least six months after the last dose received.

### Province expands strongest families institute program to provide mental health services to all Manitobans

The Manitoba government is expanding the Strongest Families Institute (SFI) skill-based programs to serve Manitobans of all ages as an ongoing effort to support pandemic-related anxiety and mental health issues as well as promote mental well-being.

SFI provides accessible, evidence-based, bilingual e-mental health services for children, youth, adults and families. In 2019, SFI was contracted by the Manitoba government to provide mental health services to children and youth. The program is now expanding to offer services to adults.

The organization's ICAN (Conquer Anxiety and Nervousness) program provides adults with life skills to overcome anxiety, depression and stress, providing strategies to help cope with major life stressors. The program is available in two formats:

- one-on-one or group-based telephone coaching, supported by a handbook or secure online format with a convenient app connection and other resources; or
- self-directed with no coaching to allow the person to work through the program at their own pace in a secure online or app format.

Adults can self-refer to the SFI program by completing an online form at <https://login.strongestfamilies.com/signup/ican/page/1/> or by calling 1-866-470-7111.

Children and youth continue to require a referral to access SFI programs. Parents, guardians and caregivers can call their regional health authority, the Manitoba Adolescent Treatment Centre or their primary health-care provider for a referral.