



Test Results

- Public Health will advise you of your test result whether it is negative or positive. It may take up to 7 days to receive a negative result. If the result is positive, you will be called within 48 hours.
- Further direction regarding self-isolation will be provided by Public Health when you are notified of your test results.
- Please do not call to inquire about your test results unless you receive a message to do so.
- Saskatchewan residents can register with eHealth (MySaskHealthRecord) to view all your test results: <https://www.ehealthsask.ca/MySaskHealthRecord/MySaskHealthRecord>

I am Symptomatic or a Close Contact to a COVID-19 Positive Case

- **Symptomatic** – you must self-isolate until your symptoms have been gone for 48 hours.
- **Close Contact** - you must self-isolate **until instructed not to** by Public Health.
- **SHA Health Care Workers** – you must remain off work until 48 hours after significant resolution of symptoms. Contact your manager to arrange a return to work date – you must pass workforce screening and wear appropriate PPE to return. Contact Occupational Health and Safety (1-833-233-4403) if you have any questions or cannot access test results through MySaskHealthRecord.
- **DO NOT** go to work or school.
- **DO NOT** go to public areas, including places of worship, stores, shopping malls and restaurants.
- **DO NOT** have visitors to your home.
- **RESCHEDULE** appointments for a later date. Let them know you are on self-isolation.
- **DO NOT** use buses, taxis or any other ride sharing where you would be in contact with others.
- **ASK** family/friends to drop off food and essentials or **USE** delivery/pick-up services for errands such as grocery shopping.

I am NOT Symptomatic or a Close Contact to a COVID-19 Positive Case

- Self-monitor for symptoms. If you develop symptoms, call 8-1-1.

If I develop symptoms at a later time, will I need to be re-tested if I was already tested?

- Yes. A negative test only tells us about the time that the test was done.
- Symptoms may include:

• Fever	• Sore throat	• Conjunctivitis	• Diarrhea
• Cough	• Chills	• Dizziness	• Loss of appetite
• Shortness of breath	• Runny nose	• Fatigue	• Loss of smell/taste
• Headache	• Nasal congestion	• Nausea/vomiting	• Muscle/joint pain
- Call 8-1-1 or your Family Doctor/Nurse Practitioner if symptoms begin, worsen or last more than 7 days.



Learn about the virus

- COVID-19 is a virus that spreads by respiratory droplets of an infected person to other with whom they have close contact such as people who live in the same household or provide care.

Refer to saskatchewan.ca/COVID19 for more information related to COVID-19