TESTING FOR INDIVIDUALS WITH NO SYMPTOMS

The Saskatchewan Health Ministry and The Saskatchewan Health Authority (SHA) have expanded who can be tested for COVID-19. We are now able to test people who do not have symptoms. This testing helps contain and delay the spread of COVID-19 within our communities and is an important addition to the Re-Open Saskatchewan Plan. Testing individuals who do not have symptoms ensures that we keep ourselves and our communities healthy as we return to work and play.

FREQUENTLY ASKED QUESTIONS

Now that I have been tested for COVID-19, do I need to be isolated if in a SHA facility or stay home and self-isolate?

- At **HOME**: No, you do not need to self-isolate. You are able to continue your daily routine. If you develop any symptoms that are linked to COVID-19 you should then self-isolate.

- In **SHA FACILITY**: You will be screened prior to your appointment or upon entry which will determine if you need to be isolated or not.

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

- Yes. A negative test only tells us about the time that the test was done.
  - If you develop symptoms at **HOME**, you can call 811 or your Family Doctor/Nurse Practitioner to receive a referral for testing.
  - If you develop symptoms at a **SHA FACILITY**, you will be rescreened and the health care team may recommend re-testing.

Is there a limit to how many times I can be tested?

- Specialists working on provincial testing have identified time periods for how frequently a test should be administered. This frequency may change as more information becomes available.
  - At **HOME**: HealthLine 811 will have the most up to date instructions for frequency. At this time there is no need to be tested more often than every few weeks.
  - In **SHA FACILITY**: Your health care team will recommend when re-testing should occur.

Where will test results go?

- At **HOME**: You will be able to check for your results on My Sask Health Record, you will also receive a call from either public health, or the physician/nurse practitioner that ordered your test.
- In **SHA FACILITY**: Your health care team will discuss the test results with you.

What happens if the test is positive?

- At **HOME**: You will be notified of your test results and be provided with more information on what to do, and how to care for yourself.
- In **SHA FACILITY**: You will be placed on precautions and may be placed in a private room. If you are scheduled for a procedure, it may be postponed if non-urgent. Your health care team will provide further guidance.

What happens if I choose not to have the test?

- You may decide not to proceed with the test. It is encouraged that you have a conversation with your care provider or health professional prior to making a decision.
- As with any test, it is voluntary. Testing cannot be made mandatory by anyone, including your employer.

How can I protect myself?

- Currently, there is no approved vaccine that protects people against coronaviruses.
- As respiratory illness, the best method to protect yourself against COVID-19 is to practise every day preventative actions, including:
  - Sneeze or cough into a tissue. If a tissue is not available, cough or sneeze into the bend of your elbow.
  - Wash your hands often with soap and water; if soap and water are not available, use an alcohol- based hand sanitizer.
  - Avoid touching your eyes, nose and mouth with unwashed hands.
  - Maintain safe food practices.
  - Avoid close contact with people who are sick.
  - Avoid unnecessary travel to affected areas.
  - Avoid large crowds and practise social distancing (do not shake hands, hug or kiss).

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