



**If you are getting tested because you have symptoms or you are a close contact, **SELF-ISOLATE immediately.****

## What are the symptoms of COVID-19?

- You might not have any symptoms. Most people with COVID-19 illness will recover on their own. Severe symptoms may require hospitalization.
- Common: fever, chills, cough, tired, muscle aches, nausea/vomiting, diarrhea.
- Less frequent: shortness of breath, sore throat, new or unusual worsening of chronic conditions, decreased or loss of appetite, new loss of smell and/or taste.
- Rare: confusion, runny nose, fainting, skin rashes, eye symptoms.

## What does fully immunized mean?

- Fully immunized means that at the time of exposure, it has been 14 days or more after the 2<sup>nd</sup> dose of a two dose COVID-19 immunization series or 14 days or more after the first dose of a one dose COVID-19 immunization series.

## Do any of the following apply to you?

- You have symptoms of COVID-19, even if they are mild:**
  - GET TESTED immediately, *even if you have been immunized.*
  - SELF-ISOLATE immediately and until your symptoms have improved for 48 hours and a fever is not present.
- You are a close contact to someone with COVID-19:**
  - GET TESTED!
  - SELF-ISOLATE immediately and for 14 days after the last exposure. If you are living in the same house as someone diagnosed with COVID, SELF-ISOLATE immediately and *for 14 days from the date that person has completed their isolation.*
  - *If you are fully immunized AND do not have symptoms, you do not need to seek testing nor self-isolate.* SELF-MONITOR.
- You are a Saskatchewan Health Authority Health Care Worker:**
  - If you have symptoms, you are not permitted to return to work until symptoms have improved for 48 hours or your end of isolation date – whichever is later. To return to work, contact your manager to arrange a return to work date, you must pass workforce screening and wear the appropriate PPE.
  - If you are a close contact, GET TESTED (regardless of immunization status).
    - If you are fully IMMUNIZED you do not need to SELF-ISOLATE. Refer to the [COVID-19 Return to Work FAQs](#)
    - If you are not fully immunized SELF-ISOLATE for 14 days after the last exposure.
- You are returning from travel outside of Canada:**
  - Refer to [Government of Canada COVID-19: Travel, testing, quarantine and borders](#) for the latest requirements.

## What does self-isolation mean?

- ✓ STAY HOME. DO NOT go to work, stores, malls, restaurants, places of worship, social events or any other public setting. DO NOT take buses, taxis or ride-sharing.
- ✓ STAY and SLEEP in a completely separate room from others in your home. USE a separate bathroom if you can.
- ✓ DO NOT have visitors to your home.
- ✓ HAVE family, friends or a delivery service drop off food or essential items. Items should be left outside your door.
- ✓ It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people. DO NOT leave your private property. DO NOT go for walks.
- ✓ CANCEL or RESCHEDULE non-urgent appointments, including immunization appointments. You can leave your home for a medical emergency. Wear a mask and notify screeners if you are self-isolating.

## What should I do if my result is POSITIVE?

- SELF-ISOLATE immediately and for 10 days following the date your symptoms started, that means until 23:59 hours of day 10. If you do not have symptoms, SELF-ISOLATE immediately and for 10 days from the date of your test.



### What should I do if I have a POSITIVE antigen test?


- Antigen tests are used to screen persons who do NOT have symptoms. If you have symptoms, go to a testing site for a lab test (PCR test).
- If your antigen test is POSITIVE, wear a mask and go to a testing site for a confirmatory lab test (PCR test).
- All persons testing positive on an antigen test are required to SELF-ISOLATE immediately and for 10 days from the date symptoms start or if you do not have symptoms from the date of your first positive test.
- Your close contacts that are not fully immunized must SELF-ISOLATE immediately and GET TESTED with a lab test (PCR test). Fully immunized close contacts who do not have symptoms are not required to self-isolate.

### When can I expect to get my test results?

- The Saskatchewan Health Authority uses an automated service to quickly notify persons by text message or voice call of their COVID-19 test results. **Test results are not immediately available** and may take up to **7 days** from the *date of the test* to be available. **Please do not call to inquire about your test results.**
- If your result is **NEGATIVE**, you may receive a text message or voice call. Please ensure you provide a current phone number.
- If your result is **POSITIVE**, Public Health will contact you within 48 hours to provide further information. Follow all directions they give you. Their directions override any information you may receive from other sources.



### Are COVID-19 test results available on MySaskHealthRecord?

- MySaskHealthRecord is a safe way to see your personal health information, including test results. It is available to Saskatchewan residents 14 years and older or to parents/guardians of children under the age of 14.
- Visit [eHealthSask.ca](http://eHealthSask.ca) and click on the blue  button to sign up.
- Use your phone camera on these QR codes to see the MySaskHealthRecord registration guide and brochure:
- If you are unable to sign up for MySaskHealthRecord, see your family doctor or an urgent care/walk-in clinic. Book your appointment 7 days after your test to allow time for results to be available.



MySaskHealthRecord  
Step-by-Step Registration  
Guide



MySaskHealthRecord  
Brochure

### What if I need proof of a negative test for travelling, for workplace purposes or to attend an event?

- The Saskatchewan Health Authority cannot guarantee a result within 72 hours.
- Private lab services are available and can be found by searching “private labs offering COVID-19 testing in Saskatchewan”. You will have to pay for a test through a private lab.
- If you require proof of a negative COVID-19 test for travelling, you must find out the rules of your airline and destination (as they may be different) and factor in the time it takes to get the result. Country-specific information can be found at this link: <https://www.iatatravelcentre.com/world.php>.

### Will I need to be retested?

- Healthcare workers that test negative and have symptoms that persist past 48 hours should be retested if they are a close contact, had a workplace exposure or are part of an outbreak
- Retesting is generally not recommended within 3 months of a positive result, as your result will likely remain positive. However, if you develop symptoms of COVID-19 you should get tested again.

### What is the COVID ALERT APP?

- The app is another tool Canadians can use to help limit the spread of COVID-19. The more Canadians who install the COVID Alert app on their phones, the better we can limit the spread of COVID-19.
- DOWNLOAD the COVID ALERT APP from the Apple App Store or Google Play.