



If you have been in close contact with a positive case, SELF-ISOLATE immediately

You are receiving this notice under *The Health Information Protection Act* at 4(4)(g) and *The Public Health Act, 1994* at sub clause 33(4)(c)(i) and *The Disease Control Regulations* at s6 to communicate a concern identified that may impact your health status.

How do I know I was exposed?

- A family member, friend, acquaintance, roommate, classmate or co-worker has spent time with you (at least 15 minutes within a 24 hour period and within 2 meters) when they were infectious with COVID-19.

But I've been fully immunized, now what?

- If you are fully immunized and do not have symptoms, you do not need to self-isolate. Get tested if you work in a high risk setting.
- Fully immunized means that at the time of exposure, it has been 14 days or more after the 2nd 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.
- Check the table below for testing and self-isolation requirements if you are partially immunized or not immunized:

HOW MANY DOSES OF VACCINE HAVE YOU RECEIVED?	DO YOU NEED TO GET TESTED?	DO YOU NEED TO SELF-ISOLATE?
NONE	Yes	Yes, for 14 days after your last exposure
1 DOSE ONLY	Yes	Yes, for 14 days after your last exposure
2 DOSES AND THE LAST DOSE WAS IN THE LAST 14 DAYS	Yes	Yes, for 14 days after your last exposure
2 DOSES AND BOTH DOSES WERE MORE THAN 2 WEEKS AGO	No, unless you work in a high risk setting or have symptoms	ONLY if you have symptoms and until they are improved for 48 hours

- ✓ Self-isolation must be maintained until 23:59 hours of the 14th day.
- ✓ If you are not fully immunized and you live with someone who tested positive, you are required to isolate immediately and for 14 days AFTER their isolation is complete.
- ✓ A negative test result for a close contact does not mean that you can stop self-isolating earlier than 14 days after the last exposure.
- ✓ If you tested COVID-19 positive in the 3 months prior to being exposed, you may not need to isolate. Call HealthLine 811 for direction.

What are the symptoms of COVID-19?

- You might not have any symptoms.
- 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.
- Most people with COVID-19 illness will recover on their own. Severe symptoms may require hospitalization.

Where can I get tested for COVID-19?

- Visit saskatchewan.ca/COVID19 or call HealthLine 811 for more information on testing.



What does self-isolation mean?

- ✓ STAY HOME until 23:59 hours of day 14. 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, unless they are fully immunized AND they know you are self-isolating.
- ✓ 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 that you are a close contact.

I work in a high risk setting (hospital, long term care facility, personal care home, group home, correctional facility or homeless shelter), what should I do as a close contact?

- GET TESTED (regardless of immunization status). If you are FULLY IMMUNIZED, you do not need to SELF-ISOLATE.
 - If you are not fully immunized, SELF-ISOLATE for 14 days after the last exposure.
- If you have symptoms, you are not permitted to return to work until symptoms have significantly improved for 48 hours or your end of isolation date – whichever is later.
- If you are SHA HCW, refer to the [COVID-19 Return to Work FAQs](#) to understand your specific scenario.

My child attends school (Pre-Kindergarten – Grade 12) or a daycare (Including before and after school), what should I do if they are a close contact?

- GET TESTED. MONITOR for symptoms.
- If they are fully immunized and do not have symptoms, they are not required to self-isolate and may attend classes or daycare. If they get symptoms, they must SELF-ISOLATE until symptoms have improved for 48 hours.
- If they are not immunized and the **exposure occurred in their household**, they are required to SELF-ISOLATE for 14 days from their last exposure and cannot attend school or daycare.
- If they are not immunized and the **exposure occurred outside their household** (e.g.: school, daycare, extracurricular activities, other community places), they must SELF-ISOLATE for 14 days from their last exposure.
 - If they do not have symptoms, they may leave self-isolation only to go to school (including bus or car pool) and attend classes or attend their regular daycare for the hours childcare is required. They must WEAR A MASK unless they are aged two or under. They cannot attend any extracurricular activities.
 - If they get symptoms, they cannot attend classes or daycare. They should GET TESTED. If they test negative, they may return to classes or their daycare after their symptoms have improved for 48 hours. Proof of a negative test is not required for a child to return to school or daycare. They must continue to SELF-ISOLATE for 14 days from their last exposure for all other activities.

My child attends playschool / preschool, what should I do if they are a close contact?

- GET TESTED. MONITOR for symptoms.
- Children in playschool / preschool must self-isolate. They may not attend at any time during their self-isolation.
- Only Pre-K – Grade 12 students that attend curriculum based programming and children that attend daycare are exempt from self-isolation to attend classes / daycare.

What should the people I live with do while I self-isolate?

- If they are 12 year of age and older and are not immunized, GET IMMUNIZED.
- If they have had two doses of vaccine more than 2 weeks ago, there is no need to get tested or isolate, unless they have symptoms.
- If they have symptoms, GET TESTED and SELF-ISOLATE until symptoms have improved for 48 hours.
- If your child is a close contact and cannot self-isolate alone, a parent/guardian should stay with them. The parent/guardian will not need to self-isolate. However, that parent/guardian should be consistent and they should minimize unnecessary outings and interactions with others during the child's self-isolation period.