



If you have tested positive for COVID-19, **SELF-ISOLATE immediately.**

## How will I KNOW if I have tested positive for COVID-19?

- If you test positive for COVID-19, you may receive an automated notification by text message or voice call. You can also view your result on MySaskHealthRecord. A Public Health or a Community Health Nurse will call to follow-up within 48 hours to complete a communicable disease investigation with you.
- If you received positive results from a self-test (rapid antigen), seek confirmatory PCR testing ASAP. Follow the information below to ISOLATE immediately and NOTIFY your close contacts.
- A positive result from a PCR test (rapid or lab) over rides any negative results that might occur in the same infectious period, even if another PCR test is negative.

## What do I need to do RIGHT NOW?

- **SELF-ISOLATE immediately and for 10 days after your symptoms begin or 10 days from your test date.** The case investigator will advise you of the date you are required to self-isolate until.
- If you have been immunized, you still **must self-isolate** if you test positive.
- **UNDERSTAND if you are eligible for MONOCLONAL ANTIBODY TREATMENT for COVID-19.** If you are not immunized, visit [www.saskatchewan.ca/monoclonal](http://www.saskatchewan.ca/monoclonal) to learn more about the treatment and eligibility criteria. Solid organ or stem cell transplant patients may also be eligible, regardless of immunization status.

## What does self-isolation mean?

- ✓ STAY HOME until 23:59 hours of day 10. 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 that you are positive for COVID-19.

## How do I DETERMINE my close contacts?

*The SHA pursuant to 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 is requesting your assistance to communicate your health status.*

1. Recall what date your symptoms began. If you did not have symptoms, recall the date of your positive test.
2. Count back 2 days. This is the date you became infectious and could have passed the infection to others.
3. Using this date and all the days forward till you began self-isolating, make a list of anyone you spent time with for at least 15 minutes within a 24 hour period and within 2 meters. These are your close contacts. Think about if the following groups of people might be close contacts:
  - The people you live with. The people you work with.
  - Friends, extended family, social networks, teams, places of worship or other groups.
  - If your child tests positive, include notifying your child's teacher, daycare provider or sports team coach.
  - If you were at an event or business, you are not expected to find out everyone who attended while you were infectious. However you can notify owners, organizers or coaches of these events.

## How do I NOTIFY my close contacts?

- Call, email or text each person and let them know you have tested positive for COVID-19. Tell them the date you last spent time with them so that they know how long to self-isolate.
- Email or text them this site so they know what to do as a close contact: [saskatchewan.ca/covid19-close-contact](http://saskatchewan.ca/covid19-close-contact)

## Should I get immunized when my isolation period is complete?

- **YES! GET 2 DOSES** of COVID-19 vaccine (at least 1 month apart) as soon as your isolation period is complete.
- To find out where to get immunized, VISIT [saskatchewan.ca/covid19-vaccine-booking](http://saskatchewan.ca/covid19-vaccine-booking)



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### Should I be retested after recovering from COVID-19?

- Retesting after you have recovered from COVID-19 infection is recommended if you develop COVID-19 symptoms, regardless of your immunization status. SELF-ISOLATE and GET TESTED with a lab PCR test if you develop symptoms.
- A PCR test may come back positive for up to 90 days after you recover from COVID-19. This is unlikely to happen with antigen tests, which are less sensitive.

### Can I get a letter saying I am recovered from COVID-19 as an alternative to immunization?

- The Saskatchewan Health Authority does not provide exemption letters to recovered cases. Persons who are not immunized and require proof that they are no longer infectious due to COVID-19, should GET IMMUNIZED as soon as possible and provide proof of your vaccine when required.
- Those who choose to remain unimmunized will be required to test regularly as an alternative to proof of immunization and are not exempted from testing programs.

### 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.

### What does self-monitor mean?

- Self-monitoring means watching closely for symptoms in yourself or anyone you care for. It means watching for if your symptoms change or worsen.
- It includes taking your temperature twice daily. You should have a thermometer to check your temperature.
- If you develop severe symptoms of significant shortness of breath, severe difficulty breathing, new or worsening chest pain or sudden onset of confusion, **CALL 911 or go to an emergency room.**
  - If you must go to a healthcare facility for urgent care, wear a mask and tell screeners that you have tested positive for COVID-19 and are self-isolating.

### How can I prevent transmission to others?

- Wear a non-medical mask. Avoid touching it. Do not share masks.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your coughs and sneezes. Wash your hands immediately after you sneeze, cough or touch used tissues.
- Flush the toilet with the lid down. COVID-19 virus may be present in poop (stool or feces).
- Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect by mixing one part bleach with 50 parts water (1 teaspoon bleach into 1 cup water). Clothing should go in the laundry. Dry on the highest temperature setting.
- Household members that are not immunized should stay in another place if possible, especially if they are immune compromised (e.g.: have cancer) or have chronic health conditions. If you cannot isolate completely away from others in your home who are not immunized, they are required to self-isolate immediately and for 14 days AFTER you have completed your isolation.

### Where can I reach out for help?

- Being told you have COVID-19 and that you are required to self-isolate can be difficult and stressful. It can help to reach out to family and friends through phone calls, texts, and video chats.
- If you need extra support, call HealthLine811 and choose option 3. Trained counsellors are there to speak with you (7:00am to 11:30pm) and help you get the support you need to self-isolate.
- You can also call or text 211, or visit [sk.211.ca](http://sk.211.ca) to find out about resources and supports in your local area.