



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 text message or voice call. You can also view your result on MySaskHealthRecord. A Public Health or a Community Health Nurse will call to advise you of a positive test result and complete a communicable disease investigation with you.

What do I need to do RIGHT NOW?

- **SELF-ISOLATE 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.**

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, 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 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:
 - Those you live with.
 - Friends, extended family, social networks, teams, places of worship or other groups.
 - People you work with.
 - 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?

1. 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.
2. Email or text them this internet address so they know what to do as a close contact:
<https://www.saskhealthauthority.ca/system/files/2021-09/CV-19-H0030-What-you-need-to-know-as-a-Close-Contact-to-COVID-19.pdf>

Should I be retested after a positive test?

- 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 after you have recovered, you should get tested again.



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

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.
- Unimmunized household members 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 or are worried you are not coping well, please call HealthLine811 and choose option 3. Trained counsellors are there to speak with you (7:00am – 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 to find out about resources and supports in your local area.

Should I download the COVID ALERT APP?

- It's not too late to download the COVID ALERT APP from the Apple App Store or Google Play. It can notify others exposed to you in exceptional circumstances such as if you had to seek medical attention. Also, the app could notify you of future exposures. It is possible to be infected again with a new variant of the virus.