



If you are a close contact, **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 or co-worker has spent time with you (15 minutes or more and within 2 meters) when they were infectious with COVID-19.

But I've been vaccinated, now what?

- It depends when and how many doses you have received.

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	ONLY if you have symptoms and until they are improved for 48 hours

**If you are not fully immunized and you live with someone who tested positive, your isolation begins when 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 811 for direction.*

What are the symptoms of COVID-19?

- 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 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 a close contact.

Where can I get tested for COVID-19?

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



What is a high risk setting?

- Hospitals, long term care facilities, personal care homes, group homes, correctional facilities, homeless shelters

I work in a high risk setting, 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.
 - Healthcare workers who test negative and have symptoms that persist past 48 hours should be retested.
- 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.

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

- If they are 12 year of age and older, GET IMMUNIZED.
- If they have had two doses of vaccine more than 2 weeks ago, there is no need to get tested or self-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 or guardian should stay with them. The parent or guardian will not need to self-isolate. However, choose a consistent person and minimize unnecessary outings and interactions with others during the child’s self-isolation period.

General Advice for Everyone

- DOWNLOAD the COVID ALERT APP
- SELF-MONITOR for symptoms
- STAY HOME if not feeling well
- GET IMMUNIZED – VISIT <https://www.saskatchewan.ca/covid19-vaccine-booking>
- WEAR A MASK in indoor public places
- KEEP YOUR DISTANCE from others
- VISIT www.saskatchewan.ca/COVID19 or CALL HealthLine 811 for more information

