



**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?

- FULLY IMMUNIZED means that at the time of exposure, it was 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.
- If you are FULLY IMMUNIZED, you are not required to self-isolate or get tested, unless you develop symptoms.
- Check the table below for testing and self-isolation directions if you are partially immunized or not immunized:

DOSES OF VACCINE RECEIVED	SHOULD I GET TESTED?	DO I NEED TO SELF-ISOLATE?
NONE	Yes.	Yes, for 10 days after your last exposure
1 DOSE ONLY	Yes.	Yes, for 10 days after your last exposure
2 DOSES AND THE LAST DOSE WAS IN THE LAST 14 DAYS	Yes.	Yes, for 10 days after your last exposure
2 DOSES AND BOTH DOSES WERE MORE THAN 14 DAYS AGO	No, unless you work in a high risk setting or you have symptoms	ONLY if you have symptoms.

- ✓ Self-isolation must be maintained until 23:59 hours of the 10<sup>th</sup> day. If you have a fever, you cannot leave isolation until the fever is gone for 24 hours without using fever-reducing medications and other symptoms have improved for 48 hours.
- ✓ If you are not fully immunized and you live with someone who tested positive, you are required to SELF-ISOLATE immediately and for 10 days AFTER their isolation is complete.
- ✓ A negative test result for a close contact that is not immunized does not mean that you can stop self-isolating earlier than 10 days after the last exposure.
- ✓ SELF-MONITOR closely for symptoms in yourself or your family. If symptoms develop, you are REQUIRED to self-isolate, regardless if you are immunized. GET TESTED with a PCR (lab) test immediately.
- ✓ If you have no symptoms, TEST with a rapid antigen (self-test), ideally between day 5 and 7 after your last exposure.
- ✓ If you have symptoms, SEEK a PCR (lab) test at a [Saskatchewan Health Authority testing site](https://www.saskatchewan.ca/COVID19)

## What are the symptoms of COVID-19?

- You might not have any symptoms. Most people with COVID-19 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.

## Where can I get tested for COVID-19?

- Visit [saskatchewan.ca/COVID19](https://www.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 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 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 immediately and for 10 days after the last exposure.
- If you have symptoms, you are not permitted to return to work until symptoms have improved for 48 hours and fever is gone for 24 hours without using fever-reducing medications 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?

- MONITOR for symptoms. If they do not have symptoms, TEST with an antigen self-test. If they get symptoms, TEST with a lab (PCR) test.
- 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 immediately and 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 immediately and for 10 days AFTER the case in the home is recovered. They 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 immediately and for 10 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 with a lab (PCR) test. 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 immediately and for 10 days from their last exposure for all other activities.

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

- MONITOR for symptoms. If they do not have symptoms, TEST with an antigen self-test. If they get symptoms, TEST with a lab (PCR) test.
- 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 5 years of age and older and are not immunized, GET IMMUNIZED.
- If they are fully immunized, they do not 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.