



Self-Isolation

All travelers returning from international destinations – including the United States – are subject to a mandatory self-isolation order. Violation of the order may result in a \$2,000 fine.

Anyone identified by a MHO as a close contact of someone with COVID-19 shall go into mandatory self-isolation for 14 days from the date of having been exposed.

Additionally, the Government of Saskatchewan recommends self-monitoring for symptoms if you have travelled outside of Saskatchewan, but within Canada.

As individuals, we are responsible for ensuring our actions do not put others at risk. We encourage everyone to remember that there are individuals in our society who may be immune compromised and would be at significant risk if they are exposed to serious illness. Everyone should take preventative measures.

Whether you're self-isolating or self-monitoring, make sure you maintain proper [social distancing](#).

1. What is self-isolation?

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home and avoiding situations where there is a potential to spread the infection to others: work; school; sporting events; social, cultural and religious gatherings; and public places such as restaurants and malls. You should also avoid public transportation. If you have an emergency and need to leave home, please wear a surgical mask while you are out.

2. What if someone isn't self-isolating?

I saw pictures on Facebook of someone who just got back from Mexico and went out in public. Shouldn't they be self-isolating?

We are unable to speak to rumours posted to social media. We can only speak to the advice we are providing all residents now to prevent the transmission of COVID-19.

All residents are being asked to self-isolate when they return from international travel.

Are you tracking people who should be staying home?

Public health does not have a mechanism of tracking residents who, based on best advice for all Canadians, should be self-isolating.

If you have received medical advice from Health Line 811, your physician or a public health official to self-isolate, please follow their directions.

As individuals, we are responsible for ensuring our actions do not put others at risk.

We encourage people to remember that there are people in our society who may be immune compromised and would be at significant risk if they are exposed to serious illness.

Is self-isolation mandatory?

The emergency order includes mandatory self-isolation as of March 20, 2020. This is enforceable by peace officers, if necessary.

However, we would hope that people recognize the risk and take preventative measures to stop the spread of any illness.

As individuals, we are responsible for ensuring our actions do not put others at risk.

We encourage people to remember that there are people in our society who may be immune compromised and would be at significant risk if they are exposed to serious illness.

What are the penalties if someone doesn't follow the emergency order?

People who contravene the order may face fines of up to \$2,000 in the case of an individual and not more than \$10,000 in the case of a corporation, under The Emergency Planning Act.

3. How long do I have to self-isolate for COVID-19?

All travelers returning from international destinations - including the United States - are subject to a mandatory self-isolation order. Violation of the order may result in a \$2,000 fine.

Anyone identified by a MHO as a close contact of someone with COVID-19 shall go into mandatory self-isolation for 14 days from the date of having been exposed.

If you experience difficulty breathing, shortness of breath, chest pain or high fever, immediately call Health Line 811 for assessment and direction.

For people who HAVE NOT contracted COVID-19

Self-isolation is a precautionary approach used to reduce the risk of spreading COVID-19 from people that have been in an area of high disease spread or in close contact with a person with COVID-19.

These individuals should stay home. Do not attend work; school; daycare; university; social, sporting or cultural events; or religious gatherings. These individuals may not have any symptoms, or they may have mild symptoms that can be managed at home. If symptoms develop or worsen, call Health Line 811 for assessment and direction.

For people who HAVE contracted COVID-19

Self-isolation means the patient is considered well enough to not require admission to hospital and can remain in their home. Individuals should not attend work; school; daycare; university; social, sporting or cultural events; or religious gatherings.

The patient should have the ability to care for their symptoms including being able to drink enough liquids.

They should not have visitors to their home and should avoid contact with others that may be living in the same home.

For people who have COMPLETED their 14 days of isolation

Based on the latest science on COVID-19, the time from exposure to developing symptoms can take up to 14 days. If the person has not developed symptoms over this time, the risk of their having COVID-19 is low and they can return to work or school. However, if the person has had another exposure during the initial 14-day period (for example from a family member that became ill), the self-isolation must extend for 14 days from the last exposure.

If the person has developed symptoms (fever, cough or shortness of breath) during the period of self-isolation, they should contact Health Line 811 for guidance.

4. It has been recommended that I self-isolate. What are my next steps?

1. Stay at home and avoid contact with others (self-isolate).
2. Call Health Line 811 to receive advice about self-isolating if you have not already received advice from your local Public Health office.
3. Remain in self-isolation for 14 days after travel or your last contact with a person confirmed to have COVID-19.
4. Call Health Line 811 if you develop symptoms.

5. What is a close contact?

There are several different ways someone can be considered a close contact of a patient with COVID-19.

Close contact can include someone who:

- provided care for someone with COVID-19 or who had other similar close physical contact without appropriate personal protection equipment
- lived with or had close prolonged contact (within two metres) with someone with COVID-19 while the individual was symptomatic and not self-isolating
- had direct contact with the body fluids of a someone with COVID-19 (for example, was coughed or sneezed on);
- who shared personal items, such as drinking cups or utensils, with someone while they were symptomatic and,
- was an airplane passenger seated within two metres of a symptomatic case or crew member serving the symptomatic case.

You would not be considered a close contact if you cared for someone with COVID-19 or had close physical contact, while using appropriate personal protective equipment, and the individual was self-isolating. You would also not be considered a close contact if you lived with someone with COVID-19 but were not within two metres of that person and they are self-isolating.

Transient interactions, such as walking by someone with COVID-19 or being briefly in the same room while maintaining a social distance, are not considered contact.

People who meet the criteria of being considered a close contact should self-isolate for 14 days from the date of exposure.

They also should self-monitor for the appearance of symptoms. More information on self-monitoring can be found on saskatchewan.ca/self-monitoring.

If you develop symptoms of COVID-19, call Health Line 811 for directions for testing.

What if I was near someone, but do not meet the criteria of close contact?

Self-isolation is not required. Non-close contacts must self-monitor for symptoms as outlined above. Individuals considered not a contact do not have any restrictions. As individuals, we are responsible for ensuring our actions do not put others at risk. We encourage people to remember that there are people in our society who may be immune compromised and would be at significant risk if they are exposed to serious illness. Everyone should take preventative measures.

6. How do I avoid contact with others?

We know this is hard, but for the health of your family, friends and community:

- DO NOT go to work or school.
- DO NOT go to public areas, including places of worship, stores, shopping malls and restaurants.
- DO NOT have visitors to your home.
- CANCEL or reschedule non-urgent appointments; let them know you are on self-isolation.
- DO NOT take buses, taxis or ridesharing where you would be in contact with others.
- ASK family/friends to drop off food or USE delivery/pick-up services for errands such as grocery shopping.

You must self-isolate at home and separate from others in the household, if you have symptoms of fever and cough, even if they are mild. 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.

You may go for a walk, but only if you are asymptomatic and can maintain the required social distance of two metres at all times. You must maintain proper hand hygiene and avoid contact with shared surfaces like handrails, pedestrian crosswalk buttons and outdoor playground equipment. You must avoid all shared spaces (ie. elevators, apartment hallways) and public places where you cannot maintain this distance. With even mild symptoms, self-isolate at home.

7. How do I avoid contact with others in my home?

Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

Self-isolation in situations of shared living (eg. university dorms, apartments, etc.)

If a person with symptoms is self-isolating in shared living accommodations such as a dorm room at a university, they should be temporarily accommodated elsewhere or have roommates and family members temporarily relocate. In cases where there may be several people with symptoms awaiting test results, they may co-locate until results are confirmed. Refer to the [Infection Control Tips](#) document for more information.

If an ill person is sharing accommodations with someone who might be vulnerable to infection – those with suppressed immune systems or chronic illness, pregnant women, infants and adults over 65 – relocation is advised to reduce the risk of severe illness for the vulnerable person.

8. How do I prepare home for self-isolation?

Ensure the home is supplied with basic needs including food, medications (such as prescriptions), personal hygiene products, etc. to support a stay at home of up to 14 days. It is recommended that your sleeping area is separate from other members of the household.

If you live alone or your household is self-isolating, ensure you have a someone who is able to check in on you and can provide an additional support or supplies you will require. Request that person to take all needed precautions to avoid infection.

9. What if I need medical care?

Pay attention to your health and how you are feeling. You can call Health

Line 811 anytime to talk to a nurse at and get advice about how you are feeling and what to do next.

- **If you require urgent medical care** because it becomes harder to breathe, you cannot drink anything or you feel very unwell, go to an urgent care clinic or emergency department. Call ahead if needing medical attention and notify reception once you enter a clinic or a hospital that you are self-isolating because of COVID-19. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.
- **If you develop symptoms of COVID-19**, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, shortness of breath and generally feeling unwell. Call Health Line 811 for directions for testing.
- **Call ahead before you get medical care.** If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-isolating due to risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

10. How do I stop the spread of respiratory illness?

- **Cover your coughs and sneezes.** Cough or sneeze into a tissue or your elbow, not your hands.
- **Wash your hands right away after you sneeze, cough or touch used tissues or masks.** Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.
- **Wash your hands. Wash your hands often with soap and water for at least 20 seconds.** It is best to dry your hands with a paper towel and throw away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **Clean and disinfect common areas once a day.** Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect (kill germs) by mixing one part bleach with nine parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if other will be entering the room(s) where you are staying.
- **Avoid crowded public spaces and places where rapid self-isolation upon onset of symptoms may not be feasible.** Examples of these settings include mass gatherings such as concerts or sporting events.
- **Avoid contact with vulnerable people.** COVID-19 is more serious among the elderly and those with underlying medical conditions. Avoid contact with these individuals while self-monitoring.



Self-Monitoring

Self-monitoring means watching closely for symptoms in yourself or your dependents including taking your temperature twice daily. You do not have restrictions on attending work or school, but should avoid crowded public spaces and vulnerable people (those with weakened immune systems or individuals over 65 years of age). You should have a plan on how to quickly self-isolate if you develop fever, cough or difficulty breathing when not at home.

When there are no symptoms, continue with your daily activities like attending school or work. At the first sign of symptoms, such as increase in body temperature or development of a cough or sore throat or shortness of breath, you should self-isolate and call Health Line 811 for assessment and direction.

Whether you're self-isolating or self-monitoring, make sure you maintain proper [social distancing](#).

1. Self-Monitoring vs. Self-Isolation

Self-monitoring means paying attention to your health and so you can identify signs of sickness.

Everyone should be self-monitoring. It is important to know the symptoms of COVID-19 and to act appropriately if you have those symptoms.

Self-isolation means staying at home to prevent the spread of infection. **If you are sick or have been in contact with someone who has COVID-19, you must self-isolate.** This will help stop the spread of the virus so that other people don't get sick. The Ministry of Health recommends you self-isolate for 14 days.

2. What is self-monitoring?

Self-monitoring is an important way of preventing COVID-19 from spreading in Saskatchewan. It means that you pay attention to new symptoms and temperature. You can use [this sheet](#). Make sure you are [taking your temperature properly](#). You do not have restrictions on attending work or school but should avoid crowded public spaces and vulnerable people. However, you should have a plan on how to quickly self-isolate if you develop fever, cough or difficulty breathing when not at home.

3. How long do I have to self-monitor for COVID-19?

All travelers – including those to the United States – now need to self-isolate.

In addition, any visitors who have travelled outside of Saskatchewan in the previous 14 days or have acute respiratory or flu-like symptoms should avoid visiting long-term care homes and hospitals.

4. It has been recommended that I self-monitor. What are my next steps?

1. Ensure your home is supplied with basic needs, including food, medications (such as fever-reducing medications and prescriptions), personal hygiene products, pet supplies, etc. to support a stay at home of up to 14 days if symptoms develop.
2. Have a plan for whom to contact if you develop fever, cough, or difficulty breathing during the self-monitoring period who can help access medical assessment if needed.
3. Carefully monitor your symptoms twice a day. Be alert for cough or difficulty breathing and document on a worksheet for tracking. You can download and use [this tracking sheet](#).

5. What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to get advice about how you are feeling and what to do next.
- If you require urgent medical care (if become harder to breathe, you can't drink anything or you feel very unwell), go to an urgent care clinic or emergency department. Tell the receptionist that you are self-monitoring because of COVID-19.
- If you develop symptoms of COVID-19, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, difficulty breathing and generally feeling unwell. Call HealthLine 811 for directions for testing.
- Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-monitoring due to the risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

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