

# COVID-19: When to Self-Isolate

Self-isolation is an important step to prevent the spread of COVID-19 in Saskatchewan.

It means staying home and avoiding situations where there is a potential to spread the infection to others, such as work, school, social or cultural gatherings, and public places.

Here are situations when it is necessary to self-isolate.



*This chart does not override direction based on public health assessments.*

What If?	Is it recommended to Self-Isolate?	How Long should I have to Self-Isolate?
I have symptoms and a positive test result.	Yes	Isolate for five days from onset of symptoms regardless of vaccination status.
I don't have symptoms, but have a positive test result.	Yes	Isolate for five days from the time you received your result regardless of vaccination status.
I have symptoms, but no known contact with someone who has tested positive for COVID.	Self-isolate and self test at home with a rapid antigen test.	If the test results are negative, self-isolate until at least 48 hours after symptoms resolve. If the test results are positive, self-isolate for five days regardless of vaccination status.
I don't have symptoms and have no known exposure. I have taken a rapid antigen test at home.	No, unless you test positive.	If test positive, it is recommended to self-isolate for five days from the time of the test. Confirmatory PCR testing through the Saskatchewan Health Authority is not required.
Someone in my household is sick and self-isolating.	Self-isolation is not required unless a positive result is received.	You should self-monitor for symptoms. If you develop symptoms, you should immediately self-isolate and self test. If you test positive, it is recommended to self-isolate for five days.

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