

# Self-Isolation Information Sheet

## 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.

If you need to attend an urgent medical/dental appointment, wear a mask while you are out and let the clinic know you are on self-isolation prior to arrival. Do not attend the appointment and return home with no stops in between.

## How long should I self-isolate if I have COVID-19?

Whether you have received a positive test result through a rapid antigen test or a PCR test, self-isolate and notify your contacts.

If you test positive, self-isolate for five days from the date of test or 48 hours after your symptoms have ended, whichever is later, regardless of vaccination status.

If you develop symptoms while on isolation (fever, cough, sore throat, difficulty breathing and generally feeling unwell), or symptoms worsen, call HealthLine 811 for an assessment.

If you experience difficulty breathing, shortness of breath, chest pain or high fever, immediately call 911.

## 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. To reduce the amount of contact stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

## How do I prepare my 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 during your isolation period. 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 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.

## How do I avoid contact with others?

- **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 in your home.
- **RESCHEDULE** non-urgent appointments; let them know you are on self-isolation. Where possible, arrange virtual appointments.
- **DO NOT** take buses, taxis or ride-sharing where you would be in contact with others.
- **ASK** family/friends to drop off food or USE delivery services for errands such as grocery shopping. When your items are dropped off, they should be left outside your door for you to avoid contact with that individual.