Appendix E: Social Distancing

The Government of Saskatchewan’s COVID-19 website for the public has a section near the bottom, titled Social Distancing. On this page, the public is encouraged to maintain proper social distancing whether they are self-isolating or self-monitoring. The following graphic is included.

Social distancing means avoiding close contact with others to prevent the spread of COVID-19. Keep a minimum distance of 2 metres from others when shopping or walking in the community.

![Social Distancing Graphic]

- Avoid non-essential trips in community
- Postpone gatherings
- Keep kids at home away from group settings
- Work from home whenever possible
- Visits to long-term care homes are restricted to immediate family for compassionate reasons
- Conduct meetings virtually

![COVID-19 STOP THE SPREAD Social Distance]

- Online games with friends
- Going for a car ride to get out of the house
- Taking kids for a bike ride outside while keeping distance from others
- Meeting up with friends for game nights that seem “Healthy”
- Going for a drive with people outside your household
- Letting kids play on public play structures or with other kids outside the household

saskatchewan.ca/COVID19
Below the graphic is a link to a poster with the same graphic and message. On this page, there are also links to pages on self-isolation and self-monitoring.

**Self-Isolation**

On this page, the public is information that all travellers 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 Medical Health Officer as a close contact of someone with COVID-19 is also mandated to go into 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. This information is followed by a series of Questions and Answers on self-isolation.

Additional documents include:

- [Mandatory Isolation Means Stay Home](#)
- [Self-Isolation Information Sheet](#)
- [Coping in Self-Isolation](#)
Self-Monitoring

This page explains that 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 to 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 an increase in body temperature or development of a cough or sore throat or shortness of breath, you should self-isolate and call HealthLine 811 for assessment and direction. This information is followed by a series of Questions and Answers on self-monitoring.

Additional documents include:

- Self-Monitoring Information Sheet
- Self-Monitoring Tracking Sheet
- How to Take An Oral Temperature

Hand Hygiene

Information about hand hygiene is located on the About COVID-19 webpage in Section 5: How to Protect Yourself. The information about hand hygiene is included in a list of preventative actions to take to protect yourself against COVID-19, including:

- Practice proper cough and sneezing etiquette (into the bend of your elbow)
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect your home regularly
- Maintain safe food practices
- Avoid close contact with people who are sick
- Avoid unnecessary travel to affected areas
- Avoid large crowds and practice social distancing (do not shake hands, hug or kiss).

An Infection Control Tips poster also addresses the importance of hand-hygiene, including:

- Make sure everyone in your household washes their hands with soap and water often. If soap and water are not readily available, use alcohol-based hand sanitizer, if hands are not visibly dirty.
- Avoid touching your face with unwashed hands.
Information about mental health is located on the Mental Health and COVID-19 webpage. The page lists a number of supports available to help people through this difficult time whether they are coping with loneliness or self-isolation, concerned about the health of loved ones or worried about what the future may hold. This list of supports includes links to:

- HealthLine 811
- Wellness Together Canada (connects people to peer support workers, social workers, psychologists and other professionals)
- Mobile Crisis centres
- Kids Help Phone
- Farm Stress Line (support for farmers and ranchers)

The website also notes that Family Services Saskatchewan, in partnership with the Saskatchewan Health Authority, supports free mental health walk-in clinics that are now available by phone. A list of services available in multiple locations across the province is provided. A provincial number and local numbers are provided for support available through the Saskatchewan Division of the Canadian Mental Health Association.
Tips for Parents

Tips for Parents can be found on this page. It includes common changes to watch for in children and youth, ideas for how to support your child, and tips for ensuring consistency and predictability during times of crisis. There is also a list of resources for helping children to manage stress with COVID-19, as well as resources for parents and caregivers to manage their stress.

Testing Information

Testing information can be found here. This site provides information on when to get tested, where to get tested, test results and who to contact for more information.

Assessment and Treatment

Assessment and treatment information can be found here. This site explains that Assessment and Treatment sites provide in-person intermediate care, assessment and treatment for individuals presenting with escalating symptoms consistent with COVID-19, those confirmed positive with COVID-19 who have other health conditions and those on self-isolation due to travel or a public health directive. It also lists the locations where these sites have been established across the province.