What You Need to Know About Self-Monitoring and Self-Isolation

What is the difference between self-monitoring and self-isolation?

**Self-monitoring** means paying attention to your health so you can identify signs of sickness; **everyone should be self-monitoring**. You do **not** have restrictions on attending work or school, as long as you don’t have any symptoms, but should avoid crowded public spaces and vulnerable people.

**Self-isolation** means you must stay home to prevent the spread of infection to others (e.g., work; school; sporting events; social, cultural and religious gatherings; and public places such as restaurants and malls). You must not use public transportation. If you have an emergency and must leave home, wear a mask while you are out. Self-isolating helps stop the spread of the virus so that other people don’t get sick.

How do I know if I must self-isolate and is it mandatory?

Self-isolation is **mandatory** according the Saskatchewan Chief Medical Health Officer’s Public Health Order for the following individuals:

1. **Diagnosed with COVID-19.** The mandatory self-isolation period for COVID-positive individuals is 10 days. Public health will continue to check in with COVID-positive individuals to determine when they can be released from self-isolation, as there are times when the isolation period must be extended (e.g., immunocompromised or severe symptoms requiring hospital admission). Seek medical care if your symptoms are worsening or you have difficulty breathing.

2. **Symptomatic and have been directed to receive a test for COVID-19 or are waiting for test results.** Follow the advice of your healthcare provider for the number of days required to self-isolate. Seek medical care if your symptoms are worsening or you have difficulty breathing. **If you have a symptomatic child, everyone in the household who has contact with that child must self-isolate.**

3. **Household members and close contacts of a person with confirmed COVID-19.** Self-isolate for 14 days from the date of last exposure. It is mandatory to self-isolate for the full 14 days even without symptoms and a negative test, as it can take up to 14 days for symptoms to develop and you can be contagious in the days leading up to symptoms appearing. If you develop COVID-19 symptoms, call 811 and follow medical advice.

4. **Persons who have arrived from out of country (including the United States).** Under the Federal Quarantine Act, all travelers must immediately self-isolate upon arrival, regardless of having symptoms or being a close contact of a COVID-19 positive individual.* If symptoms develop during the 14 day isolation, call Health Line 811 to access testing and continue to self-isolate. **Everyone in your household, including children, must also self-isolate if they have contact with you during your quarantine (e.g., spouse and children cannot go to work or school if you share common spaces such as living rooms, bathrooms, kitchens).**

*Specific healthcare workers, workers who maintain the supply chain, rail, airline or other working crews are exempt if they are required to work to maintain essential services and are supervised by Infection Prevention and Control Officers or Occupational Health and Safety in the workplace.

Is self-isolation mandatory if I’ve travelled within Canada?

Mandatory self-isolation is not required if you have travelled within Canada. However, if you were seated in the same row or in the three rows in front of or behind a confirmed case on a flight, you should be self-isolating for 14 days.
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What is the penalty if someone does not follow mandatory self-isolation?
Under The Emergency Planning Act, people who do not comply with the mandatory self-isolation order may face fines of up to $2,000. Corporations may be fined up to $10,000. COVID-19 positive individuals who are repeatedly not found in self-isolation can also be held at an approved self-isolation site by order of the local Medical Health Officer.

What should I do if I have to self-isolate?
You must STAY HOME.

This means:

- **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.
- **RESCHEDULE all** appointments for a later date. Let them know you are on self-isolation.
- **DO NOT** use buses or any other ride sharing where you would be in contact with others.
- **ASK** family/friends to drop off food and essentials or use delivery/pick-up services (e.g., grocery shopping).
- **CALL 811** if you develop new or worse symptoms.

It is recommended that your sleeping area is separate from other members of the household, even if your symptoms 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.

How do I know if I am a close contact and should self-isolate?
You may be notified in several ways:

- A phone call or letter from Public Health or others on behalf of your local MHO (e.g., workplace, school).
- A COVID-19 positive individual may inform you directly. Please self-isolate immediately and call Health Line 811.

How do I prepare for self-isolation?
Ensure that your home is always supplied with basic needs, including food, medications (such as prescriptions), personal hygiene products and other needs to support a stay at home of up to 14 days. 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 additional support or supplies you may require. Request that person to take all needed precautions to avoid infection (e.g., dropping groceries outside your door rather than handing them to you).

I feel overwhelmed. Where can I get support?
Living through the COVID-19 pandemic can cause anxiety and worry in all of us. Whether you’re coping with the loneliness of self-isolation, concerned about the health of your loved ones or worried about what the future may hold, there are mental health supports available to help you through this difficult time. Learn more at [https://www.saskatchewan.ca/COVID19](https://www.saskatchewan.ca/COVID19).

For more information on self-isolation, please visit [https://www.saskatchewan.ca/COVID19](https://www.saskatchewan.ca/COVID19).