Test To Protect – The Importance of Getting Tested

- The presence of new variants across Canada means an elevated risk of coming into contact with these more contagious variants of COVID.
- Because these variant strains are more easily passed from person to person, it’s more important than ever before to be vigilant and get tested to help protect yourself and those around you.

- Testing is voluntary but getting tested and knowing your status and continuing to follow all Public Health orders and safety guidelines can help protect:
  - Your kids
  - Your parents
  - Your grandparents
  - Your friends
  - Yourself
  - Your coworkers
  - Your business or workplace
  - Your community

- The Government of Saskatchewan continues to recommend against all non-essential travel. International travelers must abide by federal testing and quarantine measures. If you choose to travel inter-provincially, get tested as soon as you return to Saskatchewan and plan for a follow up test seven days later.

- Get tested immediately if you experience any of the following symptoms, even if they are mild:
  - fever
  - cough
  - headache
  - muscle and/or joint aches and pains
  - sore throat
  - chills
  - runny nose
  - nasal congestion
  - conjunctivitis (pink eye)
  - dizziness
  - fatigue
  - nausea/vomiting
  - diarrhea
  - loss of appetite (difficulty feeding for children)
  - loss of sense of taste or smell
  - shortness of breath
  - difficulty breathing