What You Need to Know About Getting Tested for COVID-19

If your results are POSITIVE, Public Health will contact you within 48 hours. Follow all directions they give you. Their directions override any other information you may have been told from other sources.

If you are getting tested because you were identified as a close contact OR because you have any symptoms, you must immediately self isolate at home – Saskatchewan Public Health Order

Do any of the following apply to you? If yes, follow the direction below.

☐ You are symptomatic: To prevent spread of any illness, you must self-isolate until your symptoms have been gone for 48 hours. Follow the self isolation rules below.

☐ You have been told by Public Health that you’re a close contact:
  You must self-isolate until you’ve been cleared by Public Health and must follow the self-isolation rules below.

☐ You are returning from travel outside of Canada: You must self-isolate for 14 days after returning to Canada and follow the Government of Canada Travel Guidelines.

Self-Isolation means you need to STAY HOME and:
- 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, public transit, or any other ride sharing where you would be in contact with others.
- ASK family and friends to drop off food and essentials or use delivery services for errands such as grocery shopping.
- CALL 811 and request to be retested if symptoms begin, worsen, or last more than 7 days.

☐ You have NO symptoms and have NOT been deemed a close contact by Public Health:
  You do not need to isolate. Monitor for symptoms. If you develop symptoms, contact 811 to be retested.

☐ You are a Saskatchewan Health Authority Health Care Worker:
  Follow the rules as outlined above. If you are symptomatic, you are not permitted to return to work until symptoms are gone for 48 hours after a significant resolution of symptoms. Contact your manager to arrange a return to work date. Contact the OH&S Hotline (1-833-233-4403) if you aren’t able to obtain your results through MySaskHealthRecord and if you have any further questions. To return to work, you must pass workforce screening and wear the appropriate PPE.

Will I need to be retested?
Repeat testing may be recommended by public health in some cases. You will need to be retested if you develop symptoms after receiving a negative test result. Symptoms may include:

- Fever
- Sore throat
- Dizziness
- Loss of appetite
- Cough
- Muscle and/or joint pain
- Fatigue
- Difficulty feeding for children
- Headache
- Runny nose
- Nausea/vomiting
- Loss of sense of smell or taste
- Chills
- Nasal congestion
- Diarrhea
- Shortness of breath
- Difficulty breathing
The 48 Hour Rule
If you have symptoms, you may be asked to wait until you have symptoms for 48 hours before testing to minimize the chance of a false negative. This is in accordance with latest expert medical advice on COVID-19. You can also get tested now and if results are negative, return for another test at the 48 hour mark if you remain sick.
Your results will be processed within 7 days. The labs process tests based on priority:
1. People with symptoms in priority groups (e.g. patients in acute care, residents in long term care or personal care homes, health-care workers, first responders and those deemed by public health to be a high priority for testing).
2. Other people with symptoms.
3. People without symptoms in priority groups (please see the groups indicated in group 1) and individuals identified during contact tracing, outbreak or cluster investigations.
4. Other people without symptoms.

Test Results
Test results cannot be received immediately. Please do not call to inquire about your test results unless you receive a message to do so.
- Patients with positive test results will be notified of their results by medical authorities usually within 24-48 hours.
- Patients with negative test results may receive notifications up to seven days from the test date, as they are considered lower priority for test result call backs to help with health care capacity.

Test Results for Travelers
The Government of Canada, the Government of Saskatchewan and the SHA advise against any unnecessary travel, especially outside of Canada. If you decide to travel, follow all recommended travel guidelines.
- It may take up to seven days, from the time of test, for travelers without symptoms to be notified of test results.
- If you require proof of a negative COVID-19 test before travel, you must find out the rules of your airline and destination (as they may be different) and factor in testing turnaround times. Country-specific information can be found here https://www.iatatravelcentre.com/world.php. We understand that our process may not be the same as the rules some airlines, countries or local authorities have for travel outside of our province.

See Your Results at MySaskHealthRecord
COVID-19 test results are available online at MySaskHealthRecord. Visit eHealthsask.ca and click on the blue "MySaskHealthRecord" button in the middle of the page to sign up. MySaskHealthRecord is a safe and secure way to see your personal health information and is available to Saskatchewan residents 18 years and older. Parents and guardians with children under the age of 12 can also see test results through MySaskHealthRecord. Results for children aged 12 and 17 are not available via MySaskHealthRecord.

If you are unable see your results through MySaskHealthRecord and you have a family doctor or live in a community with an urgent care/walk-in clinic, you can book a phone appointment with a doctor to discuss your results. Please book your appointment 5 to 7 days after your test to allow time for results to be available.