COVID-19

TEST TO PROTECT

Positive Self-Test Results Guide

If any member in your home has a **positive** self-test (two red lines), please follow these steps:

#1 Call HealthLine 811

Please call HealthLine 811 to report the positive self-test and for further direction on masking and isolation.

#2 Arrange a Second Test

When you call HealthLine 811 they will help you set up an appointment to receive a lab test (PCR test) at a local COVID-19 testing site in your community to confirm the positive COVID-19 self-test result.

#3 Isolate or Wear a Mask

Not Fully Vaccinated: For those who are not fully vaccinated or not able to be vaccinated, **please isolate immediately** to help stop the spread of COVID-19 to others. We know that this is hard and can present difficulties, but it's the best thing you can do to protect the health of your family, friends, and community.

Fully Vaccinated: For those who are fully vaccinated, **please wear a mask** to help stop the spread of COVID-19 to other. Wearing a mask is the best thing you can do to protect the health of your family, friends and community.

#4 Create a Contact Tracing List

Please start making a list of where you have been and who you have been in contact with over the past 14 days.

When a member in your home has **positive** self-test results (two red lines), all members within the household are recommended to follow step #3 to help protect the health of your family, friends and community. For additional information, please visit Saskatchewan.ca/covid19-testing.

If you don't have any symptoms, it is important that you watch closely for any symptoms to develop in your child, yourself or in the other members of your home.

- If you have a thermometer, take your child's temperature twice a day to see if they develop a fever
- Other symptoms to monitor include cough, chills, difficulty breathing or shortness of breath

Saskatchewan Health Authority

saskatchewan.ca/COVID19