

General for all Travel:

Travelers should keep in mind standard precautions for minimizing the spread of COVID-19. This includes travel within the province, within Canada, and internationally. General mitigation measures include:

- Stay informed, be prepared, and follow public health advice.
- Continue to practise good hygiene, including:
 - frequent handwashing. Use hand sanitizer when appropriate (Health Canada approved with DIN or NPN when possible),
 - minimize touching of face,
 - cough or sneeze into tissue or inside of elbow,
 - avoiding spitting.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Stay home and away from others if you are feeling ill.
- Maintain two meter physical distance from others outside of your household/extended household group.
- Wear a mask or face covering in indoor public spaces and whenever physical distancing cannot be maintained or may be uncertain.
- Avoid crowds. Maintain two meters of physical distance and minimize gathering with those not in your household/extended household group.
- Clean and disinfect surfaces and objects frequently (using a Health Canada approved disinfectant (DIN) whenever possible).
- Limit time outside the home if you are in a higher risk category (i.e. senior citizen, compromised immune system, underlying medical condition).
- Avoid contact with anyone who is sick or displaying COVID-like symptoms.
- Consider postponing or cancelling travel if there is an increase in local cases, either near home or at your travel destination.

Interprovincial travel (Travel within Canada)

Non-essential/recreational interprovincial travel is discouraged, particularly for vulnerable persons (over age 65, having underlying health conditions, or are immunocompromised). Persons making a decision to travel should consider the following:

- Check government websites of the provinces you are travelling through or to for the latest information on COVID-19 safety measures and requirements. Some provinces may require you to self-isolate for 14 days upon entry.
- If travel is for purposes of visiting family or friends, check with them beforehand to determine what precautions they expect you to take. Discussion should also consider potential risks for vulnerable persons who may be travelling or receiving the travelers.
- Pack adequate supplies of disinfectant or disinfectant wipes (Health Canada approved with DIN), hand sanitizer (Health Canada approved with DIN or NPN) and non-medical masks.
- If travelling by car, minimize stops on the journey. If stops are required, take necessary precautions during stop overs. For example, consider drive-through and take-out options for eating and self-serve stations for gas refueling. In face to face encounters, such as at a registration counter in a hotel or motel, wearing a non-medical mask is recommended.

- For other types of land conveyance, for example bus or train, check the company websites to determine what special precautions they have in place. Non-medical masks are recommended while riding, at rest stops, and whenever physical distancing cannot be maintained.
- If travelling by air, check the airline and airport authority websites for any special precautions they have in place.
 - Regina airport <https://www.yqr.ca/en/traveller-info/travel-smart/covid-19>
 - Saskatoon airport <https://skyxe.ca/en-us/skyxe-updates/coronavirus-covid-19>
- At this time, it is not mandatory that you self-isolate for 14 days upon your return to Saskatchewan from an out-of-province trip. Self-isolation is only mandatory for international travel. However, it is still recommended that you take all precautions and maintain a minimum of two metre distance with persons outside your household/extended household group both while travelling and upon your return if you do choose to travel. People who enter or re-enter Saskatchewan should self-monitor for 14 days. Individuals should self-isolate and seek testing at the first sign of even mild symptoms.
- Travelers must understand that domestic flights within Canada often carry passengers arriving from international destinations where there is a high degree of COVID-19 activity.

International travel (Travel Outside of Canada)

To limit the spread of COVID-19, the Government of Canada advises avoiding all non-essential travel outside of Canada. If you must travel internationally, [see Health Canada](#) for what you need to know. Other recommendations or considerations include:

- Check appropriate country websites to determine entry requirements and restrictions. For example, some countries or subsidiary level governments (i.e. state, territorial, tribal, local) may require proof of a negative COVID-19 test before arriving then require another test and a 14 day quarantine upon arrival.
- If you are asymptomatic and planning to travel but require a test, please allow a minimum of seven days from the date of your test through to notification of results. You can also view your results directly on MySaskHealthRecord.
- [It is recommended that travelers ensure they have adequate insurance coverage while abroad in case of issues arising due to the COVID pandemic.](#)
 - As COVID-19 is not a pre-existing medical condition, treatment may be covered by most travel insurance policies. However, that may change as insurers update their policies. Please check with your insurance company.
 - If you have questions about your Saskatchewan health coverage, call eHealth Saskatchewan at 1 800 667 7551.
- Be prepared to self-isolate upon return. The Saskatchewan Public Health Order and Health Canada require all persons that have traveled internationally shall go into mandatory self-isolation for 14 days from date of arrival back into Canada.
 - It is recommended that travelers familiarize themselves with the quarantine requirements.
 - Certain essential persons may be exempt (per the Public Health Order) from the full requirements of self-isolation. Persons who have been granted exemptions are

permitted to attend their essential role, but must continue to self-isolate from other activities.

- **Travellers returning from international destinations (including the United States) are subject to a mandatory self-isolation public health order and federal quarantine requirements. Violation of the public health order may result in a \$2,000 fine.**
- **When you return to the province after a period of time in another country, it is mandatory to take the following measures.**
 - [Self-isolate](#) for 14 days.
 - [Self-monitor](#) for respiratory or flu-like symptoms for 14 days.
 - Consider preparations you can make in advance to ensure your comfort during this 14 day period.
 - Call HealthLine 811 if you develop respiratory or flu-like symptoms.
 - For general questions on travel recommendations and prevention measures, email COVID19@health.gov.sk.ca.
- **For more information on international travel, see:**
 - Health Canada – [Travel restrictions, exemptions and advice](#); and
 - Health Canada – **ArriveCAN app** ([iOS](#) or [Android](#)) – use this mobile app at Canadian ports of entry.
- If travelling by air, check the airline and airport authority websites for any special precautions they have in place.
 - Regina airport <https://www.yqr.ca/en/traveller-info/travel-smart/covid-19>
 - Saskatoon airport <https://skyxe.ca/en-us/skyxe-updates/coronavirus-covid-19>

Medical Coverage Outside of Canada

Extra medical insurance is recommended when residents travel internationally. If a Saskatchewan resident receives emergency medical or hospital care while outside Canada, they are responsible for paying the difference between the amount charged and the amount the Ministry of Health reimburses.

Please note: Saskatchewan Health provides limited coverage for emergency care outside of Canada. You are covered for only \$100 (CAN) per day for inpatient services and up to \$50 (CAN) for an outpatient hospital visit.

As COVID-19 is not a pre-existing medical condition, treatment may be covered by most travel insurance policies. However, that may change as insurers update their policies. Please check with your insurance company.

If you have questions about your Saskatchewan health coverage, call eHealth Saskatchewan at **1-800-667-7551**.

There is an increased risk of more severe outcomes for Canadians 65 and over, and those with compromised immune systems or underlying medical conditions.