COVID-19

What is COVID-19?

- COVID-19 is a coronavirus and is part of a large family of viruses that can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS). Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), a new virus and the cause of COVID-19, causes mild to moderately severe symptoms or death.
- COVID-19 is a communicable disease reportable under *The Public Health Act, 1994.* **Persons infected with or exposed to COVID-19 should take all precautions as advised by Public Health and all reasonable measures to reduce significantly the risk of infecting others.**

How does COVID-19 spread?

- It is spread through the air when an infected person coughs, sneezes, sings, shouts or talks.
- It can be transmitted by people who have symptoms and by people who are infectious but do not have symptoms in the two days before symptoms develop.

What are the symptoms of COVID-19?

- You might not have any symptoms.
- Common: fever, chills, cough, tired, muscle aches, nausea / vomiting, diarrhea
- Less frequent: shortness of breath, sore throat, new or unusual worsening of chronic conditions, decreased or loss of appetite, new loss of smell and/or taste
- Rare: confusion, runny nose, fainting, skin rashes, eye symptoms
- If you develop severe symptoms of significant shortness of breath, severe difficulty breathing, new or worsening chest pain or sudden onset of confusion, **CALL 911 or go to an emergency room.**
  - If you must go to a healthcare facility for urgent care, wear a mask and answer 'yes' that you have tested positive in the past 10 days or are a close contact.
- Most people with COVID-19 illness will recover on their own. Severe or worsening symptoms may require hospitalization.

Should I download the COVID ALERT APP?

- YES! It's not too late to download the COVID ALERT APP from the Apple App Store or Google Play. It can notify others exposed to you in exceptional circumstances such as if you had to seek medical attention. Also, the app could notify you of future exposures. It is possible to be infected again with a new variant of the virus.
- The COVID Alert app does not collect personal information or health data, and does not know or track the location, name, address or contacts of any user. If you have a shared phone, the app is not advised.

Should I get immunized?

- **YES!** GET 2 DOSES of COVID-19 vaccine (at least 1 month apart) as soon as your isolation period is complete.
- VISIT https://www.saskatchewan.ca/covid19-vaccine-booking

Should I be retested after a positive test?

- Retesting is generally not recommended within 3 months of a positive result, as it will remain positive.

Where can I get more information?

- CALL HealthLine 811
- VISIT www.saskatchewan.ca/COVID19

Saskatchewan Health Authority