

# Self-Isolation Information Sheet

## What is self-isolation?

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home and avoiding situations where there is a potential to spread the infection to others. If you need to attend an urgent medical/dental appointment, wear a mask while you are out and let the clinic know you are on self-isolation prior to arrival. Attend the appointment and return home with no stops in between.

## How long do I have to self-isolate for COVID-19?

Self-isolation is required for 14 days after returning from travel outside of Canada or from your last contact with a person who has tested positive for COVID-19. In a household setting, last contact is the day the infected person is released from isolation. If you have symptoms, self-isolation is required to prevent you from possibly spreading COVID-19 to others.

If you develop symptoms while on isolation (fever, cough, sore throat, difficulty breathing and generally feeling unwell), call HealthLine 811 and you will be advised if testing should be completed.

If your results are positive for COVID-19, your self-isolation period will extend until you are considered recovered by the public health nurse who will be checking in regularly with you. If your results are negative for COVID-19, your isolation will continue for the remainder of your 14 day period and until 48 hours after your symptoms have significantly improved (including no longer having a fever).

If you experience difficulty breathing, shortness of breath, chest pain or high fever, immediately call HealthLine 811 for assessment and direction.

## How do I avoid contact with others?

- 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 in your home.
- CANCEL or reschedule non-urgent appointments; let them know you are on self-isolation. Where possible, arrange virtual appointments.
- DO NOT take buses, taxis or ride-sharing where you would be in contact with others.
- ASK family/friends to drop off food or USE delivery services for errands such as grocery shopping.
  - When your items are dropped off, they should be left outside your door for you to avoid contact with that individual.

## How do I avoid contact with others in my home?

Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, repeated contact cannot be avoided. To reduce the amount of contact stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

## How do I prepare home for self-isolation?

Ensure the home is supplied with basic needs including food, medications (such as prescriptions), personal hygiene products, etc. to support a stay at home of up to 14 days. It is recommended that your sleeping area is separate from other members of the household.

If you live alone or your household is self-isolating, ensure you have someone who is able to check in on you and can provide an additional support or supplies you will require. Request that person to take all needed precautions to avoid infection.