Self-Monitoring Information Sheet

What is self-monitoring?

Self-monitoring means paying attention to your health so you can identify signs of sickness. It means that you pay attention to new symptoms and temperature. Self-monitoring is an important way of preventing COVID-19 from spreading in Saskatchewan.

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

Self-monitoring will be required as long as COVID-19 is circulating. This is especially important when living in an area with known transmission and for at least 14 days when leaving an area of known transmission. Aligned with general guidance to stay home when sick, everyone should self-isolate as soon as they start feeling unwell to prevent the spread of COVID-19 or any infectious disease, and call 811. Staff who may have had an exposure with appropriate PPE, should be self-monitoring for the duration of their work and for 14 days following the last contact.

In addition, visitors to long-term care homes, hospitals, personal care homes and group homes shall be restricted to family visiting for compassionate reasons.

It has been recommended that I self-monitor. What are my next steps?

- Ensure your home is supplied with basic needs, including food, medications (such as fever-reducing medications and prescriptions), personal hygiene products, pet supplies, etc. to support a stay at home of up to 14 days if symptoms develop.

- Have a plan for whom to contact if you develop fever, cough, or difficulty breathing during the self-monitoring period who can help access medical assessment if needed.

- Carefully monitor your symptoms twice a day. Be alert for cough or difficulty breathing and document on a worksheet for tracking.

What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to get advice about how you are feeling and what to do next.

- If you require urgent medical care (if become harder to breathe, you can't drink anything or you feel very unwell), go to an urgent care clinic or emergency department. Tell the receptionist that you are self-monitoring because of COVID-19.

- If you develop symptoms of COVID-19, even mild symptoms, call HealthLine 811 for directions for testing. Symptoms of COVID-19 are fever, cough, headache, muscle and/or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), Loss of sense of taste or smell, shortness of breath or difficulty breathing.

- Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-monitoring due to the risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

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