Self-Isolation Information Sheet

Canada Border Services Agency is providing information to returning travelers to either self-isolate or self-monitor.

Self-isolation is required for some travelers, for individuals who have been in close contact with a person with COVID-19, and for individuals who are diagnosed with COVID-19 and well enough to stay at home.

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: work, school, sporting events, social, cultural and religious gatherings and public places such as restaurants and malls. You should also avoid public transportation. If you have a pressing necessity and need to leave home, please wear a surgical mask while you are out.

How long is self-isolation recommended for COVID-19?

Self-isolation is required for 14 days after returning from travel to areas with widespread sustained transmission of COVID-19 or exposure to a person with COVID-19. If you have symptoms, self-isolation is required to prevent you from possibly spreading COVID-19 to others. Self-isolation continues until testing is completed and results are obtained. If the result is positive for COVID-19, self-isolation continues until results of further tests confirm that you have cleared the virus.

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

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

1. Stay at home and avoid contact with others (self-isolate).
2. Call HealthLine 811 to receive advice about self-isolating if you have not already received advice from to your local Public Health office.
3. Remain in self-isolation for 14 days after travel or your last contact with a person confirmed to have COVID-19.
4. Call Healthline 811 if you develop symptoms.

How do I avoid contact with others?

We know this is hard, but for the health of your family, friends and community:

- DO NOT go to work or school.
- DO NOT go to public areas, including places of worship, stores, shopping malls and restaurants.
- LIMIT visitors to your home.
- CANCEL or reschedule non-urgent appointments; let them know you are on self-isolation.
- 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/pick-up services for errands such as grocery shopping.

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, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

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How do I prepare my home for self-isolation?

Ensure the home is supplied with basic needs including food, medications (such as acetaminophen and/or Ibuprofen and 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 a 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.

What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to talk to a nurse at and get advice about how you are feeling and what to do next.
- **If you require urgent medical care** because it becomes harder to breathe, you cannot drink anything or you feel very unwell, go to an urgent care clinic or emergency department. Call ahead if needing medical attention and notify reception once you enter a clinic or a hospital that you are self-isolating because of COVID-19. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.
- **If you develop symptoms of COVID-19**, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, shortness of breath and generally feeling unwell. Call HealthLine 811 for directions for testing.
- **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-isolating due to 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.

How do I stop the spread of respiratory illness?

- **Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw away after use. If you cannot wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wear a face mask when you are around others.** When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Even in the early stages of infection, people may be able to spread the disease while having very mild symptoms. If possible, wear a face mask when you are in the same room with other people and always wear a mask when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. Do not remove the mask from front. If a mask is not available, carry tissues with you any time you are around other people
- **Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. If you do not have a tissue, cough or sneeze into your upper sleeve or the bend of your elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Immediately dispose of used tissues and wash your hands.
- **Avoid sharing household items.** This includes dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them with soap and hot water.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **Clean and disinfect common areas once a day.** Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect (kill germs) by mixing one part bleach with nine parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room(s) where you are staying.

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