

# Self-Monitoring Information Sheet

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

## **What is self-monitoring?**

Self-monitoring is an important way of preventing COVID-19 from spreading in Saskatchewan. It means that you pay attention to new symptoms, especially cough or difficulty breathing, take your temperature twice daily, and document your symptoms and temperature on the chart on the reverse of this sheet. You do not have restrictions on attending work or school but should avoid crowded public spaces and vulnerable people. However, you should have a plan on how to quickly self-isolate if you develop fever, cough, or difficulty breathing when not at home.

## **How long is self-monitoring recommended for COVID-19?**

Self-monitoring is required for 14 days after returning from travel or following exposure to a person infected with COVID-19. If you develop symptoms (fever, cough, difficulty breathing), you should self-isolate and contact the local public health office via HealthLine 811 for direction.

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

1. Ensure the home is supplied with basic needs including food, medications (acetaminophen or ibuprofen and prescriptions), personal hygiene products, pet supplies, etc. to support a stay at home of up to 14 days if symptoms develop.
2. 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.
3. 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 (it becomes 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, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, difficulty breathing 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-monitoring 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.

