



### How do I know I was exposed?

- A family member, friend, acquaintance, roommate or co-worker has spent time with you when they were infectious with COVID-19.

### But I've been vaccinated, now what?

- It depends when and how many doses you have received.

HOW MANY DOSES OF VACCINE HAVE YOU RECEIVED?	DO YOU NEED TO GET TESTED?	DO YOU NEED TO SELF-ISOLATE?
NONE	Yes	Yes, for 14 days after your last exposure
1 DOSE ONLY	Yes	Yes, for 14 days after your last exposure
2 DOSES AND THE LAST DOSE WAS IN THE LAST 14 DAYS	Yes	Yes, for 14 days after your last exposure
2 DOSES AND BOTH DOSES WERE MORE THAN 2 WEEKS AGO	No, unless you work in a high risk setting	ONLY if you have symptoms and until they are improved for 48 hours

### What are the symptoms of COVID-19?

- 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

### What does self-isolation mean?

- ✓ STAY HOME
- ✓ DO NOT leave your private property. This means do not go to work, stores, malls, restaurants, places of worship, social events or any other public setting.
- ✓ STAY and SLEEP in a completely separate room from others in your home. USE a separate bathroom if you can.
- ✓ A negative test result for a close contact does not mean that you can stop self-isolating earlier than 14 days after the last exposure.
- ✓ Visit [www.saskatchewan.ca/self-isolation](http://www.saskatchewan.ca/self-isolation) for more information

### What is a high risk setting?

- Hospitals, long term care facilities, personal care homes, group homes, correctional facilities, homeless shelters

### I work in a high risk setting, what should I do as a close contact?

- GET TESTED
  - If you are FULLY IMMUNIZED, you do not need to SELF-ISOLATE
  - If you are not fully immunized, SELF-ISOLATE for 14 days after the last exposure.
- If you have symptoms, you are not permitted to return to work until symptoms have significantly improved for 48 hours or your end of isolation date – whichever is later.

### Where can I get tested for COVID-19?

- Visit [www.saskatchewan.ca/coronavirus](http://www.saskatchewan.ca/coronavirus) or call 811 for more information on testing



### What should the people I live with do while I self-isolate?

- If they are 12 year of age and older, GET IMMUNIZED.
- If they have had two doses of vaccine more than 2 weeks ago, there is no need to get tested or self-isolate, unless they have symptoms.
- If they have symptoms, GET TESTED and SELF-ISOLATE until symptoms have improved for 48 hours.
- If your child is a close contact and cannot self-isolate alone, a parent or guardian should stay with them. The parent or guardian will not need to self-isolate. However, choose a consistent person and minimize unnecessary outings and interactions with others during the child's self-isolation period.

### General Advice for Everyone

- SELF-MONITOR for symptoms
- STAY HOME if not feeling well
- GET IMMUNIZED – VISIT <https://www.saskatchewan.ca/covid19-vaccine-booking>
- WEAR A MASK in indoor public places
- KEEP YOUR DISTANCE from others
- VISIT [www.saskatchewan.ca/coronavirus](http://www.saskatchewan.ca/coronavirus) or CALL 811 for more information

