

COVID-19: Know When to Self-Isolate

Self-isolation is an important step to prevent the spread of COVID-19 in Saskatchewan.

It means staying at home and avoiding situations where there is a potential to spread the infection to others, such as work, school, social or cultural gatherings, and public places.



Here are situations when it is necessary to self-isolate. *The following table does not override public health directions provided based on their assessment.*

What if?	Do I Have to Self-Isolate?	How Long Do I Have to Self Isolate?
I have symptoms with a positive test result.	Yes	Until you are considered “recovered” by public health who will be checking in regularly with you.
I don’t have symptoms, but have a positive test result	Yes	Until you are considered “recovered” by public health who will be checking in regularly with you.
I am a close contact* of someone who has a positive test result	Yes	For 14 days from last contact and self-monitor for symptoms. If there is another contact (such as family member that becomes ill and is confirmed as having COVID-19) during the initial 14-day isolation period, the self-isolation must extend for 14 days from the last contact. If symptoms develop and the test results are positive, you will be asked to self-isolate until you are considered “recovered” by public health. Your negative test results do not change the isolation requirements.

*A contact is considered close or non-close based on the public health assessment of the type of interaction, the length of interaction and how near the individuals were during the interaction. Individuals who are non-close contacts do not require isolation; they will be advised to self-monitor.

But What if?	Do I Have to Self-Isolate?	How Long Do I Have to Self-Isolate
I have symptoms, but with no known exposure	You will be asked to self isolate while waiting for test results	If the test results are negative, you will be asked to self-isolate until at least 48 hours after symptoms resolve. If the test results are positive, you will be asked to self-isolate until you are considered “recovered” by public health who will be checking in regularly with you.
I don’t have symptoms and have no known exposure	Self-isolation is not required unless a positive result is received	If a positive test result is received, isolate until you are considered “recovered” by public health who will check in with you.
I’ve been in contact with someone with symptoms (but no test result)	Self-isolation is not required unless a positive result is received	If the person’s results are positive and you are considered a close contact, you should self-isolate for 14 days from your last contact with the person. If the person is not a close contact, you should self-monitor for 14 days.
Someone in my household is sick and self-isolating	Self-isolation is not required unless directed by public health or a positive result is received	You should self-monitor for symptoms; if you develop symptoms, you should immediately self-isolate. You will be on self-isolation until you are considered “recovered” by public health who will be checking in regularly with you.