

# Mandatory Isolation Means Stay Home

Scenario	Mandatory Isolation	Stay at Home Means....	Don't
International travel (including from the United States)	Yes – 14 days*  If you develop any COVID-19 symptoms (fever, cough, shortness of breath) call 811 and follow medical advice	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people.  Solitary walks are OK <u>if</u> no symptoms develop, and you can maintain a two-metre distance from other people at all times. DO NOT touch shared surfaces. For example, public access doors, handrails or elevators.	DO NOT go shopping or go to areas where you can touch shared surfaces. For example, public access doors, handrails or elevators.  <u>If you develop symptoms</u> – DO NOT leave your private property. DO NOT have contact with others in your home.
Diagnosed with COVID-19	Yes  Follow advice of healthcare provider  Seek medical care if you are deteriorating or you have difficulty breathing	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people.	DO NOT leave your private property. DO NOT go for walks. DO NOT have contact with others in your home.
Close contact with a confirmed COVID19 case (includes household members)	Yes – 14 days from last contact  If you develop any COVID-19 symptoms (fever, cough, shortness of breath) call 811 and follow medical advice	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people.  Solitary walks are OK <u>if</u> no symptoms develop, and you can maintain a two-metre distance from other people. DO NOT touch shared surfaces. For example, public access doors, handrails or elevators.	DO NOT go shopping or go to areas where you can touch shared surfaces. For example, public access doors, handrails or elevators.  <u>If you develop symptoms</u> – DO NOT leave your private property. DO NOT go for walks. DO NOT have contact with others in your home.

\*Specific healthcare workers, workers who maintain the supply chain, rail, airline or other working crews **are exempt** if they are required to work to maintain essential services and are supervised by Infection Prevention and Control Officers or Occupational Health and Safety in the workplace.

Note: Mandatory isolation is not required if you have travelled within Canada. However, if you travelled on an airplane in the same row as a confirmed case, three (3) rows in front or three (3) rows behind, you should be self-isolating for 14 days. If you develop symptoms, call 811 and follow medical advice.

Visit [saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19) under the heading Self-Isolation for more information.