



If your results are **POSITIVE**, Public Health will contact you within 48 hours. Follow all directions they give you. Their directions override any other information you may have been told from other sources.

**If you are getting tested because you were identified as a close contact OR because you have any symptoms, you must immediately self-isolate at home – Saskatchewan Public Health Order**

Do any of the following apply to you? If yes, follow the direction below.

- You have been told by Public Health that you're a close contact:**  
You are legally required to self-isolate, regardless of your test result until you have been cleared by Public Health. Follow the self-isolation rules below.
- You are returning from travel outside of Canada:** You must self-isolate for 14 days after returning to Canada, regardless of your test results. Self-isolation (quarantine) is required under the [Federal Quarantine Act](#).

**Self-Isolation** means you need to **STAY HOME** and:

- **DO NOT** go to work or school.
  - **DO NOT** go to public areas, including places of worship, stores, shopping malls and restaurants.
  - **DO NOT** have visitors to your home.
  - **RESCHEDULE** all appointments for a later date. Let them know you are on self-isolation.
  - **DO NOT** use buses, public transit, or any other ride sharing where you would be in contact with others.
  - **ASK** family and friends to drop off food and essentials or use delivery services for errands such as grocery shopping.
  - **CALL** 811 and request to be retested if symptoms begin, worsen, or last more than 7 days.
- You are symptomatic:** To prevent spread of any illness, you must self-isolate until your symptoms have been gone for 48 hours. Follow the self-isolation rules below.
  - You have NO symptoms and have NOT been deemed a close contact by Public Health:**  
You do not need to isolate. Monitor for symptoms. If you develop symptoms, contact 811 to be retested.
  - You are a Saskatchewan Health Authority Health Care Worker:**  
Follow the rules as outlined above. If you are symptomatic, you are not permitted to return to work until symptoms have significantly resolved for 48 hours or longer, or end of isolation date – whichever is later. Contact your manager to arrange a return to work date. To return to work, you must pass workforce screening and wear the appropriate PPE. Refer to [Return to Work Guide](#) for further explanation and additional details.

### Will I need to be retested?

Repeat testing may be recommended by public health in some cases. You will need to be retested if you develop symptoms **after** receiving a negative test result. Symptoms may include:

Fever	Sore throat	Dizziness	Loss of appetite
Cough	Muscle and/or joint pain	Fatigue	Difficulty feeding for children
Headache	Runny nose	Nausea/vomiting	Loss of sense of smell or taste
Chills	Nasal congestion	Diarrhea	Shortness of breath
Difficulty breathing	Conjunctivitis		



## **NEW- The 48 Hour Rule**

Previously, the Saskatchewan Health Authority advised anyone who had symptoms to wait until they had symptoms for 48 hours before getting tested to minimize the chance of a false negative test result. Based on recent guidance, this rule has changed. **We advise anyone experiencing COVID-19 symptoms, even if they are mild, to get tested as soon as possible.** Anyone who tests negative should be retested 48 hours after their first test if their symptoms persist. Getting tested and knowing your status is an important step to protecting yourself and others against COVID-19.

Your results will be processed within 7 days. The labs process tests based on priority:

1. People with symptoms in priority groups (e.g. patients in acute care, residents in long term care or personal care homes, health-care workers, first responders and those deemed by public health to be a high priority for testing).
2. Other people with symptoms.
3. People without symptoms in priority groups (please see the groups indicated in group 1) and individuals identified during contact tracing, outbreak or cluster investigations.
4. Other people without symptoms.

## **Test Results**

**Test results cannot be received immediately. Please do not call to inquire about your test results** unless you receive a message to do so.

- Patients with positive test results will be notified of their results by medical authorities **usually within 24 to 48 hours.**
- Patients with negative test results may receive notifications up to 7 days from the test date, as they are considered lower priority for test result call backs to help with health care capacity.

## **Test Results for Travelers**

The Government of Canada, the Government of Saskatchewan and the Saskatchewan Health Authority advise against any unnecessary travel, especially outside of Canada. If you decide to travel, follow all recommended travel guidelines.

- **It may take up to seven days, from the time of test, for travelers without symptoms to be notified of test results.**
- If you require proof of a negative COVID-19 test before travel, you must find out the rules of your airline and destination (as they may be different) and factor in testing turnaround times. Country-specific information can be found here <https://www.iatatravelcentre.com/world.php>. We understand that our process may not be the same as the rules some airlines, countries or local authorities have for travel outside of our province.

## **See Your Results at MySaskHealthRecord**

COVID-19 test results are available online at MySaskHealthRecord. Visit [eHealthSask.ca](https://eHealthSask.ca) and click on the blue "MySaskHealthRecord" button in the middle of the page to sign up. MySaskHealthRecord is a safe and secure way to see your personal health information and is available to Saskatchewan residents 18 years and older. Parents and guardians with children under the age of 12 can also see test results through MySaskHealthRecord. Results for children aged between 12 and 17 are not available via MySaskHealthRecord.

If you are unable to see your results through MySaskHealthRecord and you have a family doctor or live in a community with an urgent care/walk-in clinic, you can book a phone appointment with a doctor to discuss your results. Please book your appointment 5 to 7 days after your test to allow time for results to be available.

**COVID-19**



# What You Need to Know About Getting Tested for COVID-19



**MySaskHealthRecord**  
**Step-by-Step Registration**  
**Guide**



**MySaskHealthRecord**  
**Brochure**