



Northern Inter-Tribal Health Authority Inc.



December 31, 2021

Public Health Approach to COVID-19 Testing and Management Cases and Close Contacts

More than 50% of COVID-19 cases in Saskatchewan in the past one week are Omicron variant. Omicron variant have also been reported in NITHA communities.

In response to the spread of Omicron in Saskatchewan, COVID-19 testing and case management guideline has been updated as below.

A. Management of cases and close contacts

1. Positive Case:

- Rapid notification and isolation of all cases
- Determine source of exposure within the **14 days** prior to symptom onset or date of lab result if asymptomatic.
- **Fully vaccinated or boosted:**
 - Self-isolate for **5 days** from date of onset of symptom or date of lab results (if asymptomatic) or 24 hours since individual's fever has resolved, without the aid of fever-reducing medications.
- **Unvaccinated or Partially vaccinated:**
 - Self-isolate for **10 days** from the date of onset of symptom or date of lab results (if asymptomatic).

2. Close contacts:

- **Fully vaccinated or boosted, and asymptomatic**
 - Exempted from self-isolation.
 - Self-monitor for symptoms for 14 days following their last exposure
 - If symptoms develop within 14 days from date of last exposure, the exemption is automatically revoked.
 - Should isolate immediately and seek testing.
- **Unvaccinated or Partially vaccinated:**
 - Self-isolate for **14 days** from date of last unprotected exposure to the case.
 - Seek testing following exposure. If test is negative, continue to isolate for the full 14 days from last exposure to the case.
- **Close contacts in Schools and Daycares:**
 - Asymptomatic students are exempted from self-isolation to attend school or daycare **ONLY**.
 - Exempted students may continue to utilize the bus or other form of shared transportation during their period of self-isolation.

- Students who become close contacts of an individual with COVID-19 due to exposure in the household must self-isolate and their self-isolation exemption is automatically revoked.
- All symptomatic students must self-isolate and seek testing.

Offer medical mask to household contacts of the case especially in situations where the case is isolating with the household.

B. COVID-19 Testing

- Effective immediately, **asymptomatic residents who receive a positive COVID-19 result on a rapid antigen test will no longer be recommended to receive a confirmatory PCR test.**
- Free rapid antigen testing kits are available throughout all NITHA communities as of October 2021.
- Testing of asymptomatic non-close contacts is not routinely required.
- Rapid Antigen Testing of all asymptomatic, close contacts is recommended.
- Recommend testing fully immunized close contacts, especially if symptomatic (regardless of vaccination status). Use rapid antigen testing if asymptomatic, ideally between **day five and seven**. If any symptoms develop, seek a PCR test.
- PCR testing continues to be recommended for:
 - Any resident who has symptoms of COVID-19, including cold and flu-like symptoms
 - Priority populations such as health care workers, long-term and personal care home residents, and those who care for vulnerable populations.



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Reference

Government of Saskatchewan

<https://www.saskatchewan.ca/government/news-and-media/2021/december/30/updating-covid-19-testing-and-case-management-guidelines>

SK CD Manual

<https://www.ehealthsask.ca/services/Manuals/Documents/cdc-section2.pdf#page=12>