

## Information sheet for students, faculty, and staff arriving from international travel, including the United States

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This information has been produced by the University of Regina in partnership with the Saskatchewan Health Authority.

When you arrive in Saskatchewan after a period of time away from another country, including the United States, it is **mandatory** to take the following measures:

- Self-isolate for 14 days.

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home/your room and avoiding situations where there is a potential to spread the infection to others: work; school; sporting events; social, cultural and religious gatherings; and public places such as restaurants and malls. You should also avoid public transportation. If you have an emergency and need to leave home, please wear a surgical or home-made mask while you are out.

- Self-monitor for respiratory or flu-like symptoms for 14 days.
- Consider preparations you can make in advance to ensure your comfort during this 14-day period.
- Avoid visiting a long-term care facility or hospital.
- Call HealthLine 811 if you develop respiratory or flu-like symptoms.
- For general questions on travel recommendations and prevention measures, email [COVID19@health.gov.sk.ca](mailto:COVID19@health.gov.sk.ca).

Please monitor yourself for 14 days for the following symptoms after your arrival in Saskatchewan:

- Fever
- Cough
- Shortness of breath
- Difficulty breathing

If you experience any of these symptoms, contact your family physician **immediately** or the Saskatchewan HealthLine at 811. Describe your symptoms over the phone and advise them of your recent travel history. This is important as it allows health care staff to arrange to see you safely without potentially exposing themselves or others to the virus. Until the cause of your illness is known, please attempt to lessen your exposure to those around you by staying two (2) meters away from others and avoid crowded spaces.

If you feel you require emergency care, please call Emergency Medical Services at  
**9-1-1**