Experiencing COVID-like symptoms

Start Here

Do not come to campus, or leave immediately if on campus.
Inform your supervisor/instructor that you are ill.

If available, take a Rapid Antigen Test

POSITIVE (Rapid Antigen or PCR test)

Did 811 advise you to get a PCR test?

Yes

You MUST report your illness to Health, Safety & Wellness at health.safety@uregina.ca or click here to access our Illness Report

Negative

Call 811

No

Stay at home for as long as advised by SHA. Repeat regular rapid testing.

Continue to self-isolate as recommended by the Saskatchewan Health Authority current guidelines provided HERE

Yes

Have your symptoms improved for more than 48 hours and you have no fever?

No

Call 811 if your symptoms have not improved.

Symptoms may include one or more of the following:

- Fever
- Chills
- Headache
- Cough
- Fatigue
- Muscle/joint aches
- Nausea/vomiting
- Diarrhea
- Conjunctivitis
- Shortness of breath
- Difficulty breathing
- Sore throat
- Runny nose
- Nasal congestion
- Loss of appetite
- Decreased appetite
- Altered sense of smell and/or taste
- Dizziness

SHA – Saskatchewan Health Authority
HSW – U of R Health Safety & Wellness

All information shared with HSW is kept strictly confidential.