Information Sheet for students, faculty, and staff arriving from countries with COVID-19 outbreaks

Due to the current COVID-19 outbreak, it is important for your safety and the safety of all living and working in our campus community that you read the information provided here.

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

The risk of developing COVID-19, or complications from this virus, are low unless while travelling you have:

- visited any COVID-19 affected areas
- have had contact with animals (alive or dead)
- visited animal markets or areas where animals are slaughtered, or animal droppings or secretions may be present
- had close contact with a sick person who has a fever, cough, or difficulty breathing

If any of the above risks apply to you, please call Public Health at (306) 766-7790 or the Saskatchewan Health Line at 811 and a registered nurse will assist you.

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

- Fever
- Cough
- Difficulty breathing
- Shortness of breath

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 one to two (1-2) meters away from others and avoid crowded spaces.

Anyone who has travelled from the Hubei province of China that includes Wuhan China needs to self-isolate for 14 days. That means do not go to school, university, work or social events. You should also actively monitor for symptoms such as fever and cough. If symptoms develop (cough, fever) even mild symptoms, contact public health by calling HealthLine 811 for further assessment and direction.

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