University of Regina
COVID-19 Illness Flowchart for Students, Faculty, and Staff

Experiencing COVID-like symptoms

Start Here

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

If available, take a Rapid Antigen Test

POSITIVE
(Rapid Antigen or PCR test)

Call 811

Did 811 advise you to get a PCR test?

Yes

No

Negative Call 811

If available, take a Rapid Antigen Test

No

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

Yes

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

Yes

No

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

You MUST report your illness to Health, Safety & Wellness at 306-337-2370 or health.safety@uregina.ca

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.

31 January 2022