Experiencing COVID-like symptoms

Start Here

Experiencing COVID-like symptoms

Have you been designated a “close contact” by SHA?

No

Inform your supervisor/instructor that you are experiencing symptoms, and leave campus.

Yes

Follow instructions from SHA

Inform your supervisor/instructor if you are required to self-isolate.

Come to Campus As Necessary

1. Call 811.
2. Contact HSW at 306-337-2370 or health.safety@uregina.ca

Did 811 advise you to get tested?

No

Stay at home until 48 hours after your symptoms have resolved (or longer, if advised to do so by SHA)

Yes

COVID-19 test, continue to self-isolate as per direction from 811

Continue to self-isolate and follow SHA advice. Notify HSW 306-337-2370 or health.safety@uregina.ca

Positive

Negative

Have your symptoms been resolved for more than 48 hours?

Yes

No

Do not return to campus until 48 hr after symptoms have resolved, or as advised by 811

Symptoms may include one or more of the following:

- fever
- cough
- headache
- muscle and/or joint aches and pains
- sore throat
- chills
- runny nose
- nasal congestion
- conjunctivitis
- dizziness
- fatigue
- nausea/vomiting
- diarrhea
- loss of appetite (difficulty feeding for children)
- altered sense of taste or smell
- shortness of breath
- difficulty breathing

SHU – Saskatchewan Health Authority

HSW – U of R Health Safety & Wellness

All information shared with HSW is confidential.

Human Resources Department
Health, Safety & Wellness

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