Experiencing COVID-like symptoms

Start Here

Are you a “close contact”? Find out here.

Yes

No

Follow instructions from SHA

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

Did 811 advise you to get tested?

Yes

No

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

Negative

Positive

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

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

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

Have your symptoms been resolved for more than 48 hours?

Yes

No

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

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

Come to Campus As Necessary

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 (eye infection)
- dizziness
- fatigue
- nausea/vomiting
- diarrhea
- loss of appetite (difficulty feeding for children)
- altered sense of taste or smell
- shortness of breath
- difficulty breathing

SHA – Saskatchewan Health Authority
HSW – U of R Health Safety & Wellness
All information shared with HSW is confidential.