Experiencing COVID-like symptoms

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

Yes

Self-isolate and follow instructions from SHA

1. Inform your supervisor/instructor that you are self-isolating.
2. Notify HSW 306-337-2370 or health.safety@uregina.ca

No

Inform your supervisor/instructor that you are ill and leave campus.

Did 811 advise you to get tested?

Yes

COVID-19 test, continue to self-isolate while waiting for results

Positive

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

Negative

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

No

Notify HSW 306-337-2370 or health.safety@uregina.ca

Yes

Notify HSW 306-337-2370 or health.safety@uregina.ca

Have your symptoms been resolved for more than 48 hours?

Yes

Come to Campus As Necessary

No

Inform your supervisor/instructor that you are self-isolating.

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

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

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

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