Experiencing COVID-like symptoms

1. Call 811.
2. If you wish to report your illness, contact HSW at 306-337-2370 or health.safety@uregina.ca

Did 811 advise you to get tested?

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

Yes

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

Positive

Continue to self-isolate and follow SHA advice. Notify HSW if you wish to report your result: 306-337-2370 or health.safety@uregina.ca

Negative

No

Stay at home for as long as advised to do so by SHA

Yes

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

No

Come to Campus As Necessary

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:

COMMON
• Fever
• Chills
• Cough
• Tired
• Muscle aches
• Nausea/vomiting
• Diarrhea

LESS FREQUENT
• Shortness of breath
• Sore throat
• New or unusual worsening of chronic conditions
• Decreased appetite
• New loss of smell and/or taste

RARE
• Confusion
• Runny nose
• Fainting
• Skin rashes
• Eye symptoms

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

Nov 2021