

Information sheet for students, faculty, and staff arriving from international travel, including the United States

This information has been produced by the University of Regina in partnership with the Saskatchewan Health Authority.

When you arrive in Saskatchewan after a period of time away in another country, including the United States, it is **mandatory to self-isolate for 14 days**

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home/your room and avoiding situations where there is a potential to spread the infection to others: work; school; sporting events; social, cultural and religious gatherings; and public places such as restaurants and malls. You should also avoid public transportation. If you have an emergency and need to leave home/your room, please wear a surgical or home-made mask while you are out.

Self-monitor for respiratory or flu-like symptoms for 14 days

Avoid visiting a long-term care facility or hospital

Consider preparations you can make in advance to ensure your comfort during the 14 day isolation period

For general questions on travel recommendations and prevention measures, email COVID19@health.gov.sk.ca

Additional information on self-isolation can be found at:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/self-isolation>

Call HealthLine at 811 if you develop any of the symptoms below

Please monitor yourself for 14 days after your arrival in Saskatchewan for the following symptoms:

Fever	Cough	Shortness of Breath	Difficulty Breathing
Sore Throat	Chills	Headache	Nasal Congestion
Conjunctivitis(pink eye)	Muscle/joint aches and pain	Loss of sense of smell or taste	Dizziness
Nausea/Vomiting	Running Nose	Diarrhea	Loss of appetite

If you experience any of these symptoms, contact your family physician **immediately** or the Saskatchewan HealthLine at 811. Describe your symptoms over the phone and advise them of your recent travel history. This is important as it allows health care staff to arrange to see you safely without potentially exposing themselves or others to the virus. Until the cause of your illness is known, please attempt to lessen your exposure to those around you by staying two (2) meters away from others and avoid crowded spaces.

If you feel you require emergency care, please call Emergency Medical Services at 9-1-1