

# COVID-19: Know When to Self-Isolate

Self-isolation is an important step to prevent the spread of COVID-19 in Saskatchewan.

It means staying at home and avoiding situations where there is a potential to spread the infection to others, such as work, school, social or cultural gatherings, and public places.



Here are situations when it is necessary to self-isolate.

What If?	Do I Have to Self-Isolate?	How Long Do I Have to Self-Isolate?
I have symptoms with a positive test result	Yes	For 14 days from the onset of symptoms and until you are considered recovered by public health who will be checking in regularly with you.
I don't have symptoms, but have a positive test result	Yes	For 14 days after the date of the test.
I am a close contact* of someone who has a positive test result	Yes	For 14 days from last contact and self-monitor for symptoms. If there is another contact (such as family member that becomes ill and is confirmed as having COVID-19) during the initial 14-day isolation period, the self-isolation must extend for 14 days from the last contact. If symptoms develop and the test results are positive you will be asked to self-isolate for 14 days from onset of symptoms and until you are considered recovered by public health. Your negative test results do not change the isolation requirements.
<p>*A contact is considered close or non-close based on the public health assessment of the type of interaction, the length of interaction and how near the individuals were during the interaction. Individuals who are non-close contacts do not require isolation; they will be advised to self-monitor.</p>		

<b>But What If?</b>	<b>Do I Have to Self-Isolate?</b>	<b>How Long Do I Have to Self-Isolate?</b>
I have symptoms, but with no known exposure	You will be asked to self-isolate while waiting for test results	If the test results are negative, you will be asked to self-isolate until at least 48 hours after symptoms resolve. If the test results are positive, you will be asked to self-isolate for 14 days from the onset of symptoms and until considered recovered by public health.
I don't have symptoms and have no known exposure	No self-isolation is required unless a positive test result is received	If a positive test result is received, isolate for 14 days from the date of the test.
I've been in contact with someone with symptoms (but no test result)	No self-isolation is required unless a positive test result is received	If the person's results return as positive and you are considered a close contact, you should self-isolate for 14 days from your last contact with the person. If the person is not a close contact, you should self-monitor for 14 days.
Someone in my household is sick and self-isolating	No self-isolation is required unless a positive test result is received	You should self-monitor for symptoms; if you develop symptoms, you should immediately self-isolate. You will be on self-isolation for 14 days from your last contact with the person who received a positive test result.