



The best way to protect yourself from the COVID-19 virus is to practise everyday preventative actions.

Practise Everyday Prevention

- **Wash hands often** with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Sneeze or cough into a tissue. If a tissue is not available, cough or sneeze into the bend of your arm.
- Clean and disinfect all “high touch” surfaces and common areas at least once a day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, remote controls, and bedside tables.
- Maintain safe food handling practices.
- **Avoid** close contact with people who are sick.
- **Avoid** unnecessary travel to affected areas.
- **Avoid** large crowds.
- Practise social distancing - maintain 2 meters/6 feet between people where possible (do not shake hands, hug or kiss).
- Where physical distancing cannot be maintained, consider wearing a face mask.
- **DO NOT** go to work or out in public if feeling unwell.

What do I do if I develop symptoms?

- If you develop symptoms (even if mild), call 8-1-1 or your Family Doctor/Nurse Practitioner to receive a referral for testing.
- Symptoms may include:

• Fever	• Sore throat	• Conjunctivitis	• Diarrhea
• Cough	• Chills	• Dizziness	• Loss of appetite
• Shortness of breath	• Runny nose	• Fatigue	• Loss of smell/taste
• Headache	• Nasal congestion	• Nausea/vomiting	• Muscle/joint pain

If I develop symptoms at a later time, will I need to be re-tested if I was already tested?

- Yes. A negative test only tells us about the time that the test was done.
- Call 8-1-1 or your Family Doctor/Nurse Practitioner – you may receive a referral for retesting.



Learn about the virus.

- COVID-19 is a virus that spreads by respiratory droplets of an infected person to other with whom they have close contact such as people who live in the same household or provide care.

Refer to saskatchewan.ca/COVID19 for more information related to COVID-19