



# 2019 Novel Coronavirus (COVID-19)

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**UPDATED:** [Self-Isolation Information Sheet \(March 11, 2020\)](#)

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*Updated March 13, 2020*

### Information for Saskatchewan Residents

If you have symptoms and recently traveled outside Canada or were exposed to someone who has COVID-19, stay home and call HealthLine 811 for instructions. Do not go to an ER or clinic. If your symptoms worsen or you need immediate medical attention, call 911.

### Risk of COVID-19 in Saskatchewan

At this time, the Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for the general population, but this could change quickly. There is an increased risk of more severe outcomes for Canadians 65 and over, and those with compromised immune systems or underlying medical conditions.

Public health officials continue to reassess the national and provincial public health risk, based on the best available evidence as

the situation evolves.

## Travel Guidance

The Public Health Agency of Canada is recommending residents postpone or cancel all non-essential travel outside of Canada. All travellers are being asked to self-isolate for 14 days after returning to Canada as a precaution.

### Saskatchewan COVID-19 Pandemic Plan (March 11, 2020)



**At this time the risk to Canadians remains low.**

#### COVID-19 Laboratory Testing Summary for Saskatchewan

*Cumulative counts as of March 13, 2020*

Total Persons Tested	349
Persons with Pending Results	20
Persons with Confirmed Negative Results	329
Persons with Presumptive Positive Results	2
Persons with Confirmed Positive Results	0
Total Tests Performed <sup>1</sup>	367

<sup>1</sup>A person may have multiple tests performed

This table will be updated with information on the status of COVID-19 cases in Saskatchewan every Wednesday.

Confirming a case requires that the specimen be tested at the National Microbiology Laboratory (NML) in Winnipeg. A presumptive positive indicates that a specimen has tested positive at a provincial public health laboratory (in Saskatchewan, the Roy Romanow Provincial Laboratory). Pending results indicates that the specimen is in the process of being tested.

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*Saskatchewan's Chief Medical Health Officer Dr. Saqib Shahab speaks to the province's first presumptive case of COVID-19*

## Symptoms of Coronavirus

Common signs include respiratory symptoms: fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with

chronic illnesses may be at higher risk for a more severe form of the disease.

### Treatment of Coronavirus

Like most respiratory illnesses, most people with common coronavirus illness will recover on their own. There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can and should be treated. If symptoms feel worse than a standard cold, see a health care provider or call HealthLine at 811. If HealthLine 811 recommends you seek acute care, they will provide instruction to call ahead.

### How to Protect Yourself Against Coronavirus

Currently, there is no approved vaccine that protects against coronaviruses in humans.

As a respiratory illness, the best method to protect yourself against coronavirus is to practice everyday preventive actions, including:

- Practice proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your 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;
- Maintain safe food practices; and
- Avoid close contact with people who are sick.

There is no evidence that surgical masks protect persons who are not sick. The World Health Organization does not recommend the use of any masks if you do not have a travel history and respiratory symptoms. If you have respiratory symptoms such as cough or difficulty breathing and a relevant travel history you should wear a surgical/procedure mask when seeking medical care at a health facility. If you are going to a health care facility for treatment of your respiratory illness and do not have a mask, ask for one at the admission desk and one will be provided to you.

Learn more about coronavirus by visiting the Public Health Agency of Canada links or downloading the fact sheets below.

- [Public Health Agency of Canada, Travellers Returning to Canada](#)
- [Public Health Agency of Canada, Travellers Returning from Hubei, China and Iran](#)
- [Public Health Agency of Canada, Know the Facts About COVID-19](#)
- [Public Health Agency of Canada, Be Prepared Factsheet](#)
- [Public Health Agency of Canada, Coronavirus Infection](#)
- [Public Health Agency of Canada, Coronavirus Travel Advice](#)
- [Public Health Agency of Canada, Coronavirus Frequently Asked Questions](#)
- [Public Health Agency of Canada, Coronavirus Awareness Resources](#)
- [Public Health Agency of Canada, Coronavirus Fact Sheet](#)

## Related Items

### [Saskatchewan's COVID-19 Pandemic Plan](#)

Learn more about Saskatchewan's COVID-19 Pandemic/Preparedness Plan

Posted March 11, 2020



### [Coronavirus Information for Saskatchewan Residents - updated March 13, 2020](#)

Q&A on COVID-19 for travellers, residents, schools and workplaces on risk and prevention.



### [COVID-19 Guidance](#)

Mass gatherings, risk for elderly populations

March 11, 2020



### [Infection Control Tips](#)

Learn more about minimizing the spread of any respiratory virus, including COVID-19.

Updated March 9, 2020



### [Infection Control Tips Information Sheet - Chinese Translation 感染控制信息](#)

Learn more about minimizing the spread of any respiratory virus, including the 2019 Coronavirus.



### [Protect Yourself Poster](#)

Downloadable and printable poster that outlines steps people can take to stop the spread of harmful viruses.



### [Self-Isolation Information Sheet](#)

Learn more about what it means to self-isolate during a respiratory illness.

Updated March 11, 2020



### [Self-Isolation Information Sheet - Chinese Translation 自我隔离信息](#)

Learn more about what it means to self-isolate during a respiratory illness.



### [Self-Monitoring Information Sheet](#)

Learn more about what it means to self-monitor during a respiratory illness.

Posted March 11, 2020



### [The Disease Control Regulations](#)

The Public Health Act - The Disease Control Regulations

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