

COVID-19 Guidance: Residents Returning to Saskatchewan

The Federal Government and Saskatchewan's Chief Medical Health Officer recommend returning to Canada and avoiding non-essential international travel until further notice.

If you are currently outside of Canada, commercial transportation options may be more limited. You should identify commercial or personal options still available, and consider returning to Canada earlier than planned.

When you return to the province after a period of time in another country, including the United States, you are strongly advised to take the following measures:

- Self-isolate for 14 days.
- Self-monitor for respiratory or flu-like symptoms for 14 days.
- Consider preparations you can make in advance to ensure your comfort during this 14-day period.
- Avoid visiting a long-term care facility or hospital.
- Call HealthLine 811 if you develop respiratory or flu-like symptoms.
- For general questions on travel recommendations and prevention measures, email COVID19@health.gov.sk.ca.

Self-Isolation Guidelines

Avoid situations where there is potential to spread infection to others (work, school, sporting events, public places and social, cultural or religious gatherings).

If you have a pressing need and must leave your home, wear a surgical mask.

Self-Monitoring Guidelines

Pay attention to any new symptoms and changes in your body temperature.

Avoid crowded spaces and vulnerable people.

Have a plan to quickly self-isolate if you develop symptoms.

Medical Coverage Outside of Canada

Extra medical insurance is recommended when residents travel internationally. Health service costs are often much higher than in Saskatchewan. If a Saskatchewan resident receives emergency medical or hospital care while outside Canada, they are responsible for paying the difference between the amount charged and the amount the Ministry of Health reimburses.

Please note: Saskatchewan Health provides limited coverage for emergency care outside of Canada. You are covered for only \$100 (CAN) per day for inpatient services and up to \$50 (CAN) for an outpatient hospital visit.

As COVID-19 is not a pre-existing medical condition, treatment may be covered by most travel insurance policies. However, that may change as insurers update their policies. Please check with your insurance company.

If you have questions about your Saskatchewan health coverage, call eHealth Saskatchewan at **1-800-667-7551**.

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.