

Living with COVID

Update to Case Management
January 27, 2022

Purpose of Public Health

- Timely detection of communicable diseases, such as influenza virus or its variants.
- To provide an early warning mechanism in order that available control measures may be implemented at the appropriate time to minimize transmission.
- To track epidemiology trends in Saskatchewan including risk factors and distribution.
- To inform the public and medical community.

Living with COVID – Public Health Role

- COVID-19 will be monitored and managed similarly to other respiratory viruses (e.g., influenza), preserve public health and health care capacity for preventing and treating severe cases.
 - Identify locations where increased transmission may be occurring in order to inform public health interventions.
 - Make timely and evidence informed actions on outbreaks.
 - Monitor for signals of variants of concern with evidence of vaccine escape or increased severity that may require enhanced measures.
 - Track epidemiology trends of severe COVID-19 including risk factors and distribution.
 - To inform the public and medical community about COVID-19.

Case and Contact Isolation

- All individuals who test positive for COVID-19, on either a PCR or Rapid Antigen Test are required to immediately self-isolate for five days, **regardless of vaccination status.**
- **Close contacts will no longer be required to self-isolate.**

Recommendations for Cases

- If asymptomatic and test positive, self-isolate for five days from the date of testing.
- If you are symptomatic and test positive, self-isolate five days from the date of testing or 24 hours after fever has resolved without the aid of fever-reducing medications and all other symptoms have been improving for at least 48 hours, whichever is later.
- Continue to monitor for 10 days after test results. Take all available precautions (masks, limit contact with at-risk individuals).
- You will be required to abide by the proof of vaccination/negative testing requirements of workplaces, venues.

Recommendations for Close Contacts

- **Self-monitor** at least 10 days for symptoms
- **Self-test** immediately and again on days three and five
- Close contacts are encouraged to self-Isolate if you become symptomatic. You are required to **self-isolate** if you test positive.
- Take all available precautions – wear a mask when outside your household, limit your contacts especially with people at high-risk for severe disease (older, immune compromised, etc.) and settings with people at high-risk such as visiting long term care.
- Close contacts can continue to go to work and school while self-monitoring. Respect and follow all organizational policies and guidelines that are in place to protect others.

Living with COVID

- This revision to the public health order supports a self-management approach to COVID-19.
- Changes that support a self-management approach need to balance any risk of community transmission with continuity for families, individuals and businesses. By reducing the burden of self-isolation for cases and contacts, it is expected to increase adherence to public health orders.
- Vaccination remains key as it still protects against severe disease. For 18 and older two doses plus a booster dose provides the best protection.

Living With COVID – Best Practices

- Transitioning the public health order in combination with preventative measures will continue to reduce the risk to others.
- You or a loved one may be the next person who needs urgent medical care. We must act together to protect the health care system.