



**Call 9-1-1 :**

- if any of your symptoms change or worsen.

**Call HealthLine 8-1-1:**

- if you have any further questions regarding your current symptoms.

For 24 hour professional health advice and information, call:



**COVID-19 Website:**

<https://www.saskatchewan.ca/covid-19>



**You have been examined by a health care professional and your symptoms have been assessed as mild or moderate.**

- You are safe to stay at your location.
- Pay attention to your health and how you are feeling.
- Refer to left sidebar if symptoms worsen, change or you have questions about your current symptoms.
- See below for more information on specific health issues and recommendations.

**Influenza Like Illness (ILI)**

- Monitor your symptoms twice a day. Be alert for a cough, fever, or difficulty breathing.
- Have basic needs at home in case of self-isolation, such as food, water, tissues, medications, etc.
- Know who you will contact if your symptoms worsen or you need to seek medical care.
- Stay home and away from others when you are sick.
- There are no restrictions on going to work unless you have a cough or cold symptoms.
- Wash your hands or use hand sanitizer often.
- Sneeze into your elbow or a tissue.
- Do not touch your face.

**Visit these COVID-19 websites for more information:**

- **Testing Information** [COVID-19 Testing and Treatment Information | COVID-19 | Government of Saskatchewan](#)
- **Self-Monitoring** [Self-Monitoring | Living with COVID | Government of Saskatchewan](#)
- **Self-Isolation** [Self-Isolation | Living with COVID | Government of Saskatchewan](#)
- **Self-Manage** [Self-Manage | Living with COVID | Government of Saskatchewan](#)
- **Living with COVID-19** [Living with COVID | COVID-19 | Government of Saskatchewan](#)





Please use the following QR Code to access a confidential  
Patient Satisfaction Survey

