



## What You Need to Know About Getting Tested for COVID-19

### Who Can Get Tested?

Testing is part of the Saskatchewan Health Authority's (SHA) strategy to limit the spread of COVID-19. Obtain a referral to a community testing centre by phoning:

- HealthLine 811
- Your family physician
- Your nurse practitioner
- Your community health clinic

In Regina and Saskatoon, you can get tested at the drive-thru testing sites without a referral or appointment. Some communities offer other options for testing such as drive-thru sites, pop-up sites or walk-in sites. These options are advertised in those communities.

**While anyone can get a test, priority is given to people with symptoms, those directed for testing by Public Health and select other groups.**

The labs process tests based on priority:

1. People with symptoms (symptomatic) in priority groups (e.g. patients in acute care, residents in long term care or personal care homes, health-care workers, first responders, teachers and educational staff and those deemed by public health to be a high priority for testing).
2. Other people with symptoms.
3. People without symptoms (asymptomatic) in priority groups (e.g. patients in acute care, residents in long term care or personal care homes, health-care workers, first responders, teachers and educational staff) and individuals identified during contact tracing, outbreak or cluster investigations.
4. Other people without symptoms.

### The 48 Hour Rule

If you have symptoms, **you may be asked to wait until symptoms have been present for 48 hours before testing to minimize the chance of a false negative. This is in accordance with latest expert medical advice on COVID-19.** You can also get tested now and if results are negative, return for another test at the 48 hour mark if you remain sick. If you require a second test, you will need to obtain a second referral from HealthLine 811 for booked tests or access a second test through one of our drive-thru testing sites.

### Test Results

**Test results cannot be received immediately.** Patients with positive test results will be notified of their results by medical authorities **usually within 24-48 hours. Patients with negative test results may receive notifications up to seven days from the test date, as they are considered lower priority for test result call backs to help with health care capacity. Please do not call to inquire about your test results** unless you receive a message to do so. Unless you are a parent getting test results for your child or have a written consent form for another person, we cannot and will not give you test results for anyone else.

### Test Results for Travelers

The Government of Canada, the Government of Saskatchewan and the SHA are advising against any unnecessary travel, especially internationally, at this time. If you decide to travel, follow all recommended travel guidelines. While the SHA works to provide test results in a timely manner, **test results cannot be received immediately**; it takes time for laboratory confirmation of results and testing is prioritized for people with symptoms (symptomatic) before people or travelers without symptoms (asymptomatic).

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It may take up to seven days for asymptomatic travellers to be notified of test results. If you require proof of a negative COVID-19 test before travel, you need to research the requirements of the airlines you are traveling with as well as your destination (as they may be different) and factor in testing turnaround times into your travel planning. Country-specific information can be found here <https://www.iatatravelcentre.com/world.php>. We understand that our process may not align with the requirements some airlines, countries or local authorities have for travel outside of our province. We are working on new processes that will be in place in the coming weeks.

### See Your Results at MySaskHealthRecord

You can receive your COVID-19 test results online at MySaskHealthRecord. Visit [eHealthSask.ca](http://eHealthSask.ca) and click on the blue "MySaskHealthRecord" button in the middle of the page. Signing up for MySaskHealthRecord is a safe and secure way to review your personal health information, including test results, and is available to Saskatchewan residents 18 years and older. Most COVID-19 test results are available in 48 hours, **but it may take up to seven days for some people to receive negative test results as they are considered low risk.**

Parents or guardians with children under the age of 12 can gain access to COVID-19 test results via MySaskHealthRecord as outlined at [eHealthSask.ca](http://eHealthSask.ca). Results for children aged 12 and 17 are not available via MySaskHealthRecord.



**MySaskHealthRecord**  
**Step-by-Step Registration**  
**Guide**



**MySaskHealthRecord**  
**Brochure**

### What should I do if I have symptoms or have been told I am a close contact?

You must self-isolate **until instructed not to** by Public Health or your health care provider. You need to **STAY HOME** and:

- **DO NOT** go to work or school.
- **DO NOT** go to public areas, including places of worship, stores, shopping malls and restaurants.
- **DO NOT** have visitors to your home.
- **RESCHEDULE** all appointments for a later date. Let them know you are on self-isolation.
- **DO NOT** use buses, or any other ride sharing where you would be in contact with others.
- **ASK** family/friends to drop off food and essentials or use delivery/pick-up services for errands such as grocery shopping.
- **CALL 811** if you develop new or worse symptoms.

### Will I need to be retested?

Repeat testing may be recommended by public health in some cases. You will need to be retested if you develop symptoms **after** receiving a negative test result. Symptoms may include:

Fever	Sore throat	Dizziness	Loss of appetite
Cough	Muscle and/or joint pain	Fatigue	Difficulty feeding for children
Headache	Runny nose	Nausea/vomiting	Loss of sense of smell or taste
Chills	Nasal congestion	Diarrhea	Shortness of breath
Difficulty breathing			