COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case after arrival in Alberta should follow isolation requirements outlined by Government of Canada.

If you have received a message from Public Health indicating that you are a case[1] of COVID-19 or if you have tested positive on a rapid test, you are required to isolate as per current Public Health instructions. For more information on isolation requirements after a positive rapid test, refer to the Rapid Testing at Home website.

Screening Questions for Adults 18 Years and Older:

1.	**Have you been a household contact of a case[1] of COVID-19 in the last 14 days?** *A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.*	**YES**	**NO**
If you answered "YES" AND you are NOT fully immunized[2]: • You should stay home for 14 days from the last day of exposure and monitor for symptoms. **If you answered "YES" AND you are fully immunized[2] proceed to question 2:** **If you answered "NO" to question 1, proceed to question 2**			

[1] A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline

[2] A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series or one dose in a one dose series (i.e., Janssen vaccine)

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2.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	**YES**	**NO**
	• Cough	**YES**	**NO**
	• Shortness of breath	**YES**	**NO**
	• Runny nose	**YES**	**NO**
	• Sore throat	**YES**	**NO**
	• Chills	**YES**	**NO**
	• Painful swallowing	**YES**	**NO**
	• Nasal congestion	**YES**	**NO**
	• Feeling unwell / fatigued	**YES**	**NO**
	• Nausea / vomiting / diarrhea	**YES**	**NO**
	• Unexplained loss of appetite	**YES**	**NO**
	• Loss of sense of taste or smell	**YES**	**NO**
	• Muscle / joint aches	**YES**	**NO**
	• Headache	**YES**	**NO**
	• Conjunctivitis (commonly known as pink eye)	**YES**	**NO**

If you answered "YES" to any symptom:

- Stay home.
- You can use an at-home rapid test if available or the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell, you are required to isolate as per the current CMOH Order:

- If you are fully immunized[2] you must isolate for 5 days from the onset of symptoms or until they resolve[3] whichever is longer. You must wear a mask for up to 5 days after your isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) **OR**
- If you are NOT fully immunized[2], you must isolate for 10 days from the onset of symptoms or until they resolve[3] whichever is longer **OR**
- Until symptoms resolve[3] if you receive a negative PCR COVID-19 test **OR**
- Until symptoms resolve[3] if you receive two negative rapid antigen tests, with at least 24 hours between tests.

If you answered "NO":

- You may attend work, school, and/or other activities.

[2] A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series or one dose in a one dose series (i.e. Janssen vaccine)

[3] Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

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COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case[4] of COVID-19 or if your child has tested positive on a rapid test, they are required to isolate as per Public Health instructions. For more information on isolation requirements after a positive rapid test, refer to the Rapid Testing at Home website.

Screening Questions for Children under 18*:*

1.	**Has your child been a household contact of a case[4] of COVID-19 in the last 14 days?** *A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.*	**YES**	**NO**
If child answered "YES" AND they are NOT fully immunized[5]: • Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms **If child answered "YES" and they are fully immunized[5] proceed to question 2:** **If child answered "NO" to question 1, proceed to question 2**			
2.	**Does the child have any new onset (or worsening) of the following core symptoms:**		
	Fever Temperature of 38 degrees Celsius or higher	**YES**	**NO**
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	**YES**	**NO**
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	**YES**	**NO**
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	**YES**	**NO**
If the child answered "YES" to any symptom in question 2: • If the child is fully immunized[5] they are required to isolate for 5 days from onset of symptoms or until symptoms resolve[3] whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) **OR** • If they are NOT fully immunized[5], they must isolate for 10 days from the onset of symptoms or until they resolve[3] whichever is longer **OR** • Until symptoms resolve[3] if they receive a negative PCR COVID-19 test **OR** • Until symptoms resolve[3] if they receive two negative rapid antigen tests, with at least 24 hours between tests			

[3] Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication
[4] A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline
[5] A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

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- They can use an at-home rapid test if available or the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered "NO" to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	**YES**	**NO**
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	**YES**	**NO**
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	**YES**	**NO**
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	**YES**	**NO**
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	**YES**	**NO**
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	**YES**	**NO**
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	**YES**	**NO**
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	**YES**	**NO**
Conjunctivitis (commonly known as pink eye)	**YES**	**NO**

If the child answered "YES" to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an at-home rapid test. If the test is positive or negative see below for further instructions.
- If at-home rapid testing is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an at-home rapid test if available or the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an at-home rapid test if available or use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an at-home rapid test is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If at-home rapid test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered "NO" to all questions:

- Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

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