

## 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 tested positive on [a rapid test](#) or received a message from Public Health indicating that you are a case<sup>1</sup> of COVID-19, you are required to isolate as per current [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid Testing at home website](#).

### Screening Questions for Adults 18 Years and Older:

1.	<b>Have you been a household contact of a case<sup>1</sup> of COVID-19 in the last 10 days?</b> <i>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.</i>	YES	NO
<b>If you answered “YES” AND you are NOT fully immunized<sup>2</sup>:</b> <ul style="list-style-type: none"><li>You should stay home for 10 days from the last day of exposure and monitor for symptoms, unless you have tested positive for COVID-19 in the last 90 days AND completed your mandatory 10-day isolation period, in which case you can proceed to question 2.</li></ul> <b>If you answered “YES” AND you are fully immunized<sup>2</sup> proceed to question 2.</b> <b>If you answered “NO” to question 1, proceed to question 2.</b>			

<sup>1</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>2</sup> 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)

2.	<b>Do you have any new onset (or worsening) of the following symptoms:</b>		
	• 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.
- 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 Orders](#):
  - If you are fully immunized<sup>2</sup>
    - Isolate for 5 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> whichever is longer.
    - After this isolation period, up to a total of 10 days past symptom onset, you are required to wear a mask when you are outside of the home, in a public place or otherwise in the company of other persons out of your household, with no exceptions.
  - If you are NOT fully immunized<sup>2</sup>,
    - You must isolate for 10 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> whichever is longer
  - Whether you are fully immunized or not, even if you have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, you still must isolate until symptoms resolve<sup>3</sup>.
  - If you are within three weeks of the initial positive test of a previous infection you do not need to test again, and you can leave isolation when symptoms resolve<sup>3</sup>.
- You can use an [at-home rapid antigen test](#) if available or access the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you are eligible for a COVID-19 molecular test.
- Note: If you have recently recovered from a previously confirmed COVID-19 infection and are within three weeks of the initial positive test, you do not need to get tested. If three weeks have elapsed but you are within 90 days from the initial positive test, you are recommended to take a rapid antigen test.

**If you answered “NO”:**

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

<sup>2</sup> 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)

<sup>3</sup> Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

## 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 tested positive on a [rapid antigen test](#) or received a message from Public Health indicating that they are a case<sup>4</sup> of COVID-19, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid testing at home website](#).

### Screening Questions for Children under 18:

1.	<b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 10 days?</b> <i>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.</i>	YES	NO
<b>If child answered “YES” AND they are NOT fully immunized<sup>5</sup>:</b> <ul style="list-style-type: none"><li>Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms.</li></ul> <b>If child answered “YES” and they are fully immunized<sup>5</sup> proceed to question 2:</b> <b>If child answered “NO” to question 1, proceed to question 2:</b>			
2.	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered “YES” to any symptom in question 2:</b> <ul style="list-style-type: none"><li>If the child is fully immunized<sup>5</sup><ul style="list-style-type: none"><li>Isolate for 5 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> whichever is longer.</li><li>After this isolation period, up to a total of 10 days past symptom onset, they are required to wear a mask when they are outside of the home, in a public place or otherwise in the company of other persons out of the household, with no exceptions.</li></ul></li><li>If the child is NOT fully immunized<sup>5</sup>,<ul style="list-style-type: none"><li>they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> whichever is longer</li></ul></li><li>Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve<sup>3</sup>.</li><li>If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve<sup>3</sup>.</li></ul>			

<sup>3</sup>Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

<sup>4</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>5</sup> 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

They can use an [at-home rapid antigen test](#) if available or access the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19. **NOTE:** Children 2 years of age and younger who are not eligible for rapid testing should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g., PCR) testing

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:		
<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> 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
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes/conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes/conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis</b> (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 antigen test](#). If the test is positive or negative see below for further instructions. **NOTE:** Children 2 years of age and younger who are not eligible for rapid testing should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g., PCR) testing
- If [at-home rapid antigen 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 antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

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

- Keep your child home
- Use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

For at-home rapid antigen testing result instructions:

- If [at-home rapid antigen test](#) is done and is negative they can return to school and activities when they feel well enough to go.
- If [at-home rapid antigen 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 COVID-19 test result and feel better.