

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 case¹ 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.	Have you been a household contact of a case¹ of COVID-19 in the last 10 days? <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
If you answered “YES” AND you are NOT fully immunized²: <ul style="list-style-type: none">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. If you answered “YES” AND you are fully immunized² 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)

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.
- 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 immunized²
 - Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer.
 - After this isolation period, up to a total of 10 days from the day of symptom onset, you are required to wear a mask **at all times when in a public place or otherwise in the company of other persons**, with no exceptions.
 - If you are NOT fully immunized²,
 - You must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ 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 resolve³.
 - 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 resolve³.
- 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.
- **Asymptomatic close contacts of a confirmed COVID-19 case who are healthcare workers are subject to testing requirements as per [CMOH Orders](#) or their organizational policy.**

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