

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 or exposures to someone who has COVID-19.

Screening Questions for Adults 18 Years and Older:

1.	Have you traveled outside Canada in the last 14 days?	YES	NO
<p>If you answered “YES”:</p> <ul style="list-style-type: none"> Follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments. Proceed to question 2. <p>If you answered “NO”, proceed to question 2.</p>			
2.	<p>Have you had close contact with a case¹ of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging <i>Note: A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact</i></p>	YES	NO
<p>If you answered “YES”:</p> <ul style="list-style-type: none"> You are required to quarantine for 14 days from the last day of exposure, except: <ul style="list-style-type: none"> If you have previously tested positive for COVID-19 in last 90 days before exposure: <ul style="list-style-type: none"> No quarantine required. Monitor for symptoms for 14 days. Proceed to question 3. If you are fully immunized² against COVID-19: <ul style="list-style-type: none"> No quarantine required. Monitor for symptoms for 14 days. Proceed to question 3. If you are partially immunized³ against COVID-19: <ul style="list-style-type: none"> Quarantine for 10 days. If tested on day 7 or later exposure, quarantine ends after receiving a negative test result. <p>If you answered “NO” or if you have symptoms, proceed to question 3.</p>			

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

² Fully-immunized = 14 days after having received two doses of vaccine in a 2 dose vaccine series OR 1 dose in a 1 dose vaccine series.

³ Partially-immunized = 14 days after having received one dose of vaccine in a 2 dose vaccine series

NOTE: Individuals who are immunocompromised and fully-immunized should follow quarantine requirements for partially-immunized individuals; those who are immunocompromised and partially immunized should follow the protocol for those who have not been immunized. Profoundly immunocompromised persons should always consult with their primary care provider if exposed.

3.	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 in question 3:			
<ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. • Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per CMOH Order 35-2021 OR receive a negative COVID-19 test and feel better before returning to activities, as long as they have no known exposure. 			
If you answered "NO":			
<ul style="list-style-type: none"> • You may attend work, school, and/or other activities. 			