

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 case¹ 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 case¹ of COVID-19 in the last 14 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 14 days from the last day of exposure and monitor for symptoms. 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.
 - 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 immunized² you must isolate for 5 days from the onset of symptoms or until they resolve³ 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 immunized², you must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer **OR**
- Until symptoms resolve³ if you receive a negative PCR COVID-19 test **OR**
- Until symptoms resolve³ 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