

COVID-19 INFORMATION

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

Overview

This tool was developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who has COVID-19.

Attendees should complete this checklist prior to participating in the activity or program. If an individual answers YES to any of the questions, they must not be allowed to attend or participate in the activity or program.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions for Adults 18 Years and Older:

1.	Have you traveled outside Canada in the last 14 days?	YES	NO
If you answered "YES": <ul style="list-style-type: none">You are required to quarantine for 14 days from arrival in Canada.If you develop any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.			
If you answered "NO", proceed to question 2.			
2.	Have you had close contact with a case ¹ 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>	YES	NO
If you answered "YES": <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">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.Fully immunized² against COVID-19:<ul style="list-style-type: none">No quarantine required. Monitor for symptoms for 14 days.Partially immunized³ against COVID-19:<ul style="list-style-type: none">Quarantine for 10 days. If tested on day 7 or later after exposure, quarantine ends after receiving a negative test result.			
If you answered "NO" or if you have symptoms, proceed to question 3.			

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 receiving the second dose of a two-dose vaccine series OR 14 days after receiving one dose of a one-dose vaccine series. **NOTE:** Individuals who are profoundly immunocompromised and fully or partially-immunized should follow quarantine requirements for partially-immunized individuals and consult with their primary care provider

³ Partially-immunized = 14 days after receiving the first dose of a two-dose vaccine series

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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:

- Stay home and do not attend or participate in the activity or program.
- 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, or sore throat, are required to isolate for 10 days as per [CMOH Order 05-2020](#) 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" to all questions:

- You may attend the activity or program

