

# 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:

<b>1.</b>	<b>Have you traveled outside Canada in the last 14 days?</b>	<b>YES</b>	<b>NO</b>
<b>If you answered “YES”:</b> <ul style="list-style-type: none"> <li>You are required to quarantine for 14 days from the last day of exposure.</li> <li>If you develop any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul> <b>If you answered “NO”, proceed to question 2.</b>			
<b>2.</b>	<b>Have you had close contact with a case<sup>1</sup> of COVID-19 in the last 14 days?</b> 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>	<b>YES</b>	<b>NO</b>
<b>If you answered “YES”:</b> <ul style="list-style-type: none"> <li>You are required to quarantine for 14 days from the last day of exposure.</li> </ul> <b>NOTE: Individuals who previously tested positive for COVID-19 in the 90 days before being exposed to another case of COVID-19 are not required to quarantine.</b> <b>If you answered “NO”, proceed to question 3.</b>			
<b>3.</b>	<b>Do you have any new onset (or worsening) of the following symptoms:</b>		
	• Fever	<b>YES</b>	<b>NO</b>
	• Cough	<b>YES</b>	<b>NO</b>
	• Shortness of breath	<b>YES</b>	<b>NO</b>
	• Runny nose	<b>YES</b>	<b>NO</b>
	• Sore throat	<b>YES</b>	<b>NO</b>
	• Chills	<b>YES</b>	<b>NO</b>
	• Painful swallowing	<b>YES</b>	<b>NO</b>
	• Nasal congestion	<b>YES</b>	<b>NO</b>
	• Feeling unwell / fatigued	<b>YES</b>	<b>NO</b>
	• Nausea / vomiting / diarrhea	<b>YES</b>	<b>NO</b>
	• Unexplained loss of appetite	<b>YES</b>	<b>NO</b>
	• Loss of sense of taste or smell	<b>YES</b>	<b>NO</b>

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

	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
<p><b>If you answered “YES” to any symptom in question 3:</b></p> <ul style="list-style-type: none"> <li>• Stay home and do not attend or participate in the activity or program.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> <li>• Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days as per <a href="#">CMOH Order 05-2020</a> OR receive a negative COVID-19 test and feel better before returning to activities, as long as they have no known exposure.</li> </ul> <p><b>If you answered “NO” to all questions:</b></p> <ul style="list-style-type: none"> <li>• You may attend the activity or program</li> </ul>			