Overview

This tool was developed to support continuing care sites and reduce the risk of transmission of COVID-19. **Staff, service providers and students** are required to complete this checklist before entering the continuing care site or attending to work (e.g. home care office).

Any person who is a confirmed case of COVID-19 must not enter the site and must follow isolation requirements as per [CMOH Order 01-2022](#).

**Screening Questions:**

1. **Have you traveled outside Canada in the last 14 days AND have you been directed to quarantine?**  
   - **Yes**  
   - **No**  

   *If you answered “YES”:*  
   - Do not attend to work unless you have an authorized exemption from quarantine.

   *If you have travelled but are unsure about your quarantine requirements:*  
   - Follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

   *If you answered “NO”, proceed to question 2.*

2. **Have you had any known close contact with a case of COVID-19 in the last 14 days?**  
   - **Yes**  
   - **No**

   Close Contact - means a person who, without the consistent and appropriate use of personal protective equipment, provides care to, lives with, or has close physical contact with, a person who is a confirmed case of COVID-19; or has come into contact with the infectious body fluids of a person who is a confirmed case of COVID-19.  
   **Note:** A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

   Confirmed case- means a person who has had a positive result on a COVID-19 test that confirms the person is infected with COVID-19. Tests can be rapid test or lab-based PCR tests.

   *If you answered “YES”, proceed to question 3.*

   *If you answered “NO”, proceed to question 4.*
### 3. Are you fully immunized\(^1\) AND have completed a rapid antigen screening test AND the result is negative?  

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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If you answered “YES”, proceed to question 4.
- Daily rapid testing is required prior to each shift for 10 days following exposure.
- On day 11-14 post exposure and upon completion of 10 days of negative RAS testing answer “YES” to this question. No rapid test is required on days 11-14 however staff must monitor closely for symptoms.

If you answered “NO”:
- Do not attend work for 14 days from the last day of exposure.

### 4. Do you have any new onset (or worsening) of the following symptoms within the last 10 days?  

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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- Fever
- Cough
- Shortness of breath
- Runny nose
- Sore throat
- Chills
- Painful swallowing
- Nasal congestion
- Feeling unwell / fatigued
- Nausea / vomiting / diarrhea
- Unexplained loss of appetite
- Loss of sense of taste or smell
- Muscle / joint aches
- Headache
- Conjunctivitis (commonly known as pink eye)

**Note:**
- If you are fully immunized\(^1\) and tested positive for COVID-19 in the last 5 days, answer “YES” to this question. If you are NOT fully immunized\(^1\) and tested positive for COVID-19 in the last 10 days, answer “YES” to this question.

If you answered “YES” to any symptom in question 4:
- Stay home or return home. Do not attend to work.
- Use the [AHS Online Assessment Tool](https://www.ahs.ca) or call Health Link 811 to receive additional information on testing and 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 5 days if they are fully immunized\(^1\) and if they are NOT fully immunized\(^1\), they are required to isolate for 10 days as per the current [CMOH Order](https://www.health.alberta.ca/cmo/press Releases) 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”:
- You may attend to work.

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\(^1\) 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 after 1 dose of a 1 dose vaccine (e.g. Janssen). If you do not meet this criteria, you are considered NOT fully immunized.

Last Updated: 01/07/2022 1640h  
ECC Approved date 1/7/2022 1640h