

COVID-19 Testing and Self-Isolation Criteria

Issued by the AHS Emergency Coordination Centre (ECC)

Testing Criteria

People who belong to targeted higher risk populations* or who are health care workers** and who have any of the symptoms of fever, cough, shortness of breath or difficulty breathing, sore throat, or runny nose are eligible for COVID-19 testing.

*Targeted higher risk populations include:

- Residents of congregate care facilities including Long Term Care, Assisted Living, and group homes
- Home care clients
- Group home and shelter workers
- First responders including firefighters
- Workers involved in COVID-19 enforcement including police officers, peace officers, bylaw officers, environmental health officers, and fish and wildlife officers
- Correctional facility staff in provincial / federal facilities.

**Health care workers include anyone who works in the following settings or provides the following services:

- AHS or Covenant Facility in which patient care is provided
- Home Care
- Primary Care
- Diagnostic imaging or Laboratory Clinics
- Medical Specialty Clinics
- Continuing Care and Licensed Supportive Living Sites
- EMS and Medical First Responders
- Pharmacies (Pharmacists and Pharmacy Technicians)

Note that in addition to the above criteria, outreach testing is occurring for other populations at high risk of community transmission and severe outcomes.

Mandatory Self-Isolation

- Albertans with symptoms: Anyone with a cough, fever, shortness of breath, runny nose, or sore throat not related to a pre-existing illness or health condition is legally required to self-isolate for a minimum of 10 days from the start of symptoms, or until symptoms resolve, whichever is longer. This applies regardless of whether they are tested for COVID-19.
- Travelers and close contacts: People in Alberta are legally required to self-isolate for 14 days if, in the previous 14 days they -
 - Returned from travel outside of Canada; OR
 - Are a close contact*** with a confirmed or probable case of COVID-19.

If they become ill with cough, fever, shortness of breath, runny nose or sore throat during this time, they must self-isolate for an additional 10 days from the beginning of symptoms or until they are feeling well, whichever takes longer.

- Albertans who test positive for COVID-19: People are legally required to self-isolate for a minimum of **10 days** if they test positive for COVID-19. Self-isolation is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
 - Health care workers who test positive may not work in any health care setting until 14 days have passed since symptom onset and symptoms have resolved (whichever is longer)

*** A close contact is defined as a person who:

- Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact with the person without consistent and appropriate use of personal protective equipment

OR

- Lived with or otherwise had close prolonged contact (within 2 metres) with the person while the person was infectious

OR

- Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.