COVID-19 Guidance for AHS Employees, Medical Staff, and Midwifery Staff – Travel and Symptoms

Within the past **14 days**, have you:

1. Returned to Alberta from travel anywhere outside of Canada?  
   OR
2. Had close contact\(^1\) with a probable or confirmed case of COVID-19?  
   OR
3. Had laboratory exposure to biological material (e.g. primary clinical specimens, virus culture isolates) known to contain COVID-19 virus?

Within the past **14 days**, have you had close contact\(^1\) with a person with an acute respiratory illness who had travelled outside of Canada in the 14 days before their illness onset?

Are you currently experiencing any of the following symptoms?:
• Fever
• Cough
• Shortness of breath
• Difficulty breathing
• Sore throat

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\(^1\) Close contact is defined as:
• Provided care for the patient, including healthcare workers, family members, or other caregivers, or who had other similar close physical contact 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
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Have you had close contact with a COVID-19 patient; or Have you had laboratory exposure to biological material known to contain COVID-19 virus?

- Yes
- No

Since February 27, 2020, have you returned to Alberta from travel to:
- Italy,
- Iran, or
- Hubei province, China?

- Yes
- No

Since February 27, 2020, and up to and including March 12, 2020, have you returned to Alberta from travel anywhere outside of Canada?

- Yes
- No

On March 13, 2020, or later, have you returned to Canada from travel anywhere outside of Canada?

- Yes
- No

Self-isolate and limit contact with others for 14 days. You can do this by following these guidelines, which include:

- Avoid close contact with other people, especially those with chronic conditions, a compromised immune system, or seniors (over 65 years of age).
- Do not attend work, school, social events, or any other public gatherings.

If you have questions about self-isolation that are not addressed in these guidelines, then call Health Link 811.

Are you currently experiencing, or have you experienced, any of the following symptoms within the past 14 days?:
- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Sore throat

- Yes
- No

- If you have remained asymptomatic during your entire 14-day self-isolation period, then you may stop your self-isolation and return to work.

- If you have any questions or concerns regarding your return to work, then please call WHS (1-855-450-3619)

- Immediately call WHS (1-855-450-3619) or Health Link 811. Call from home before going to a health care facility, unless severely ill.

- If you are severely ill and in need of immediate medical attention, then call 911 and inform them that you may have COVID-19.
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Within the past **14 days**, you have had close contact (see definition on page 1) with a person with an acute respiratory illness who had travelled outside of Canada in the 14 days before their illness onset.

Sometime between **February 27, 2020**, and up to and including **March 12, 2020**, you returned to Alberta from travel anywhere outside of Canada.

Are you currently experiencing any of the following symptoms?:
- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Sore throat

OR

- Immediately self-isolate and call WHS (1-855-450-3619) or Health Link 811. Call from home before going to a health care facility, unless severely ill.
- If you are severely ill and in need of immediate medical attention, then call 911 and inform them that you may have COVID-19.

Have you experienced any of the following symptoms during your 14 days of symptom monitoring?:
- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Sore throat

Continue to maintain vigilance regarding self-monitoring for symptoms. See **page 4** if you develop any of the following symptoms at any point in time:
- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Sore throat

1. If you are currently asymptomatic, then you may continue to work and maintain your usual routines and activities.
2. Monitor yourself for symptoms for 14 days from your return to Alberta, or your last contact with the individual with the acute respiratory illness.

Yes

No
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You are currently experiencing any of the following symptoms:
• Fever
• Cough
• Shortness of breath
• Difficulty breathing
• Sore throat

• Immediately self-isolate and call WHS (1-855-450-3619) or Health Link 811 at the first sign of symptoms. Call from home before going to a health care facility, unless severely ill.

• If you are severely ill and in need of immediate medical attention, then call 911 and inform them that you may have COVID-19.