

COVID-19 Testing and Self-Isolation Criteria

Issued by the AHS Emergency Coordination Centre (ECC)

Triage Screening Criteria for ED/UCC/EMS/Obstetrical nurses, clerks, midwives and physicians, can be found here: <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-ed-ucc-triage-algorithm.pdf>.

Testing Criteria

Community based testing for COVID-19 can be arranged by completing the relevant [online tool](#). Testing through this pathway is currently recommended for ANYONE who have any of the symptoms of fever, cough, shortness of breath or difficulty breathing, sore throat, or runny nose.

In addition to the above, testing is recommended for other populations at high risk of community transmission and severe outcomes. Additional symptoms may be considered to warrant testing for these particularly vulnerable settings. This includes:

- Hospitalized patients
- Symptomatic residents of congregate living settings including long term care, supportive living and other similar facilities.
 - [AHS Coordinated COVID-19 Response](#) is available to all congregate settings. Notify AHS when a resident or staff member exhibits any of the symptoms of COVID-19. Additional initial guidance and decision making support will be provided at the time of notification.
 - Notification using the process described above is required only for the first case presenting in the congregate care setting; any additional cases will be reported through your usual outbreak management reporting processes.

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.
 - Individuals **ARE** allowed to leave home to come for testing, or if they require emergency medical care following the guidance outlined in this [Order](#)
- 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 individuals 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.

*** 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

After Testing

- Individuals who are tested for COVID-19 should follow the instructions found at ahs.ca/results regarding the actions that they should take following their test results.
 - These instructions are meant for individuals and may not apply to outbreaks and in-patient settings where further guidance may be provided by public health and/or infection prevention and control.
 - AHS, Covenant Health and Alberta Precision Labs employees should follow the guidance in the Return to Work Guide prior to returning to work in a health care setting

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