

STAY-AT-HOME GUIDE

USE THIS GUIDE TO DETERMINE WHEN
TO STAY HOME FROM WORK/SCHOOL
AND WHEN IT IS SAFE TO RETURN.



STAY-AT-HOME GUIDE

COMPLETE THE COVID-19 [ALBERTA HEALTH DAILY CHECKLIST \(FOR ADULTS 18 YEARS AND OLDER\)](#) BEFORE COMING TO WORK/SCHOOL EVERY DAY.

For students under the age of 18, refer to the [Alberta Health Daily Checklist \(For Children Under 18\)](#).

If the answer is “No” to all the questions, you can attend work/school. Always follow the advice of Alberta Health Services. For more information, contact [Health Link](#).

IF YOU ANSWER “YES” TO ANY OF THE CHECKLIST QUESTIONS, SEE THE INSTRUCTIONS BELOW:

- [I AM SICK WITH NEW OR WORSENING CORE COVID-19 SYMPTOMS](#)
- [I AM SICK WITH NEW OR WORSENING SECONDARY COVID-19 SYMPTOMS](#)
- [I AM A HOUSEHOLD CONTACT OF A COVID-19 CASE](#)
- [I HAVE NO SYMPTOMS BUT TESTED POSITIVE FOR COVID-19 USING A RAPID TEST](#)

NOTE: “Symptoms resolve” means symptoms improved and no fever for 24 hours, without the use of fever-reducing medication. The Stay-at-Home Guide is based on the province’s [COVID-19 Alberta Health Daily Checklist](#) and is subject to change as information becomes available.

I AM SICK WITH NEW OR WORSENING CORE COVID-19 SYMPTOMS

- fever (38°C or higher)
- cough
- shortness of breath
- runny nose
- sore throat
- loss of smell or taste

WHAT SHOULD I DO?

YOU ARE LEGALLY REQUIRED TO ISOLATE. YOU SHOULD ALSO USE A COVID-19 AT-HOME RAPID TEST.

If you test negative—using two negative at-home rapid test results, with 24 hours between, or one PCR test—continue to isolate until your symptoms resolve.

If you test positive or no test was taken:

- *Fully immunized* individuals must isolate for five days from the onset of symptoms or until they resolve, whichever is longer.
- *Not fully immunized* individuals must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer.
- Notify your supervisor or instructors.
- Notify **close contacts** from the previous 48 hours.

WHEN CAN I RETURN TO WORK/SCHOOL?

- If you test negative for COVID-19—using two at-home rapid tests, with at least 24 hours between tests, or one PCR test—you can return when symptoms resolve.
- If you test positive and are *fully immunized*, you can return after the five-day isolation and symptoms resolve, whichever is longer. However, you must wear a mask for five days at all times when at work/school—no exceptions.
- If you test positive and are *not fully immunized*, you can return after the 10-day isolation and symptoms resolve, whichever is longer.

I AM SICK WITH NEW OR WORSENING SECONDARY COVID-19 SYMPTOMS

- chills
- painful swallowing
- congestion
- headache
- muscle or joint aches
- feeling unwell, fatigue
- nausea or vomiting
- diarrhea
- loss of appetite
- pink-eye

WHAT SHOULD I DO?

YOU SHOULD ISOLATE AND USE A COVID-19 AT-HOME RAPID TEST.

If you test negative—using two negative at-home rapid test results, with 24 hours between, or one PCR test—continue to isolate until your symptoms resolve.

If you test positive or no test was taken:

- *Fully immunized* individuals must isolate for five days from the onset of symptoms or until they resolve, whichever is longer.
- *Not fully immunized* individuals must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer.
- Notify your supervisor or instructors.
- Notify **close contacts** from the previous 48 hours.

WHEN CAN I RETURN TO WORK/SCHOOL?

- If you test negative for COVID-19—using two at-home rapid tests, with at least 24 hours between tests, or one PCR test—you can return when symptoms resolve.
- If you test positive and are *fully immunized*, you can return after the five-day isolation and symptoms resolve, whichever is longer. However, you must wear a mask for five days at all times when at work/school—no exceptions.
- If you test positive and are *not fully immunized*, you can return after the 10-day isolation and symptoms resolve, whichever is longer.

I AM A HOUSEHOLD CONTACT OF A COVID-19 CASE

- I live with someone diagnosed with COVID-19
OR
- I was in frequent, long or close contact with someone diagnosed with COVID-19.

WHAT SHOULD I DO?

Fully immunized:

- You can attend work or school if you are symptom free.

Not fully immunized:

- You are strongly recommended to stay home and not attend work or school for 14 days from the last day of exposure.
OR
- If you had COVID-19 within the last 90 days, you can attend work or school, as long as you are symptom free.
- All household contacts should monitor for symptoms. If symptoms develop, isolate and follow the instructions in the previous pages.

WHEN CAN I RETURN TO WORK/SCHOOL?

- If you are *fully immunized* and symptom free, you can attend work or school.
- If you are *not fully immunized*, you can return to work or school after 14 days from the last day of exposure and if you are symptom free.
- If you live with the household contact, your 14-day isolation starts the next day after the COVID-19 case's isolation ends.

I HAVE NO SYMPTOMS BUT TESTED POSITIVE FOR COVID-19 USING A RAPID TEST

WHAT SHOULD I DO?

- **STAY HOME AND ISOLATE IMMEDIATELY.**
- After 24 hours pass, take a second **at-home rapid test**.
- If positive, continue to isolate and follow the instructions on the previous pages.
- If negative, you can return to work/school, as long as you remain asymptomatic.