

ISOLATION REQUIREMENTS FOR ALBERTA



Isolation (staying home and avoiding others) helps prevent the spread of COVID-19 by reducing the number of people you could infect if you have symptoms or test positive. Effective January 3, Albertans are legally required to isolate as outlined below:

You must isolate if:

- ▶ You tested positive for COVID-19, or
- ▶ You are sick with a core symptom: fever, cough, shortness of breath, loss of taste or smell, sore throat* or runny nose*.

* Children under 18 with just one of either a runny nose or sore throat are not legally required to isolate but should stay home until well.

ISOLATION REQUIREMENTS

If you have core symptoms (whether you get tested or not):

- ▶ Fully vaccinated (2 doses): Must isolate 5 days from start of symptoms or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
- ▶ Not fully vaccinated: Must isolate 10 days from the start of symptoms or until symptoms resolve, whichever is longer.
- ▶ If you test negative, you should still stay home and away from others until symptoms resolve.

If you have tested Positive (on either a home test or a lab test):

And have symptoms:

- ▶ Fully vaccinated (2 doses): isolate for 5 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing illness or health condition. For 5 days following isolation, wear a mask at all times when around others outside of home.
- ▶ Not fully vaccinated (1 dose or less): isolate for 10 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing illness or health condition.

And have no symptoms:

- ▶ Fully vaccinated (2 doses): isolate for 5 days from the date you were tested (test date is day 0). For 5 days following isolation, wear a mask at all times when around others outside of home.
- ▶ Not fully vaccinated (1 dose or less): isolate for 10 days from the day you were tested (test date is day 0).
- ▶ If core symptoms develop, keep isolating as per the isolation requirement for those who have “tested positive and have symptoms.”

Mandatory restrictions if you are in isolation:

- ▶ Stay home – do not leave your home or attend work, school, events or any other public gatherings.
- ▶ Avoid close contact with people in your household
- ▶ Do not take public transportation
- ▶ Do not go outside for a walk
- ▶ Do not use elevators or stairwells if you live in an apartment
- ▶ Get fresh air in your backyard or balcony

IF YOU ARE A CLOSE CONTACT OR HOUSEHOLD CONTACT OF A CONFIRMED CASE

While quarantine is no longer legally required for close contacts, it is still an important way to protect your family, friends and community. It can take up to 14 days after exposure to COVID-19 to develop symptoms. Some cases have only minor symptoms or no symptoms at all but could still be infectious. By staying home during this period, you lower the chance of spreading the virus to others.

It is recommended if you are a:

Household close contact

If you are a household contact of a positive case and you are not fully vaccinated, you should:

- ▶ stay home for 10 days (i.e. not attend work, school or other activities)
- ▶ monitor for symptoms – if they develop, isolate immediately and get tested

Other close contacts

If you have been exposed to COVID-19 by someone outside of your household, you should:

- ▶ avoid high-risk locations such as continuing care facilities and crowded indoor spaces
- ▶ monitor for symptoms – if they develop, isolate immediately and get tested

