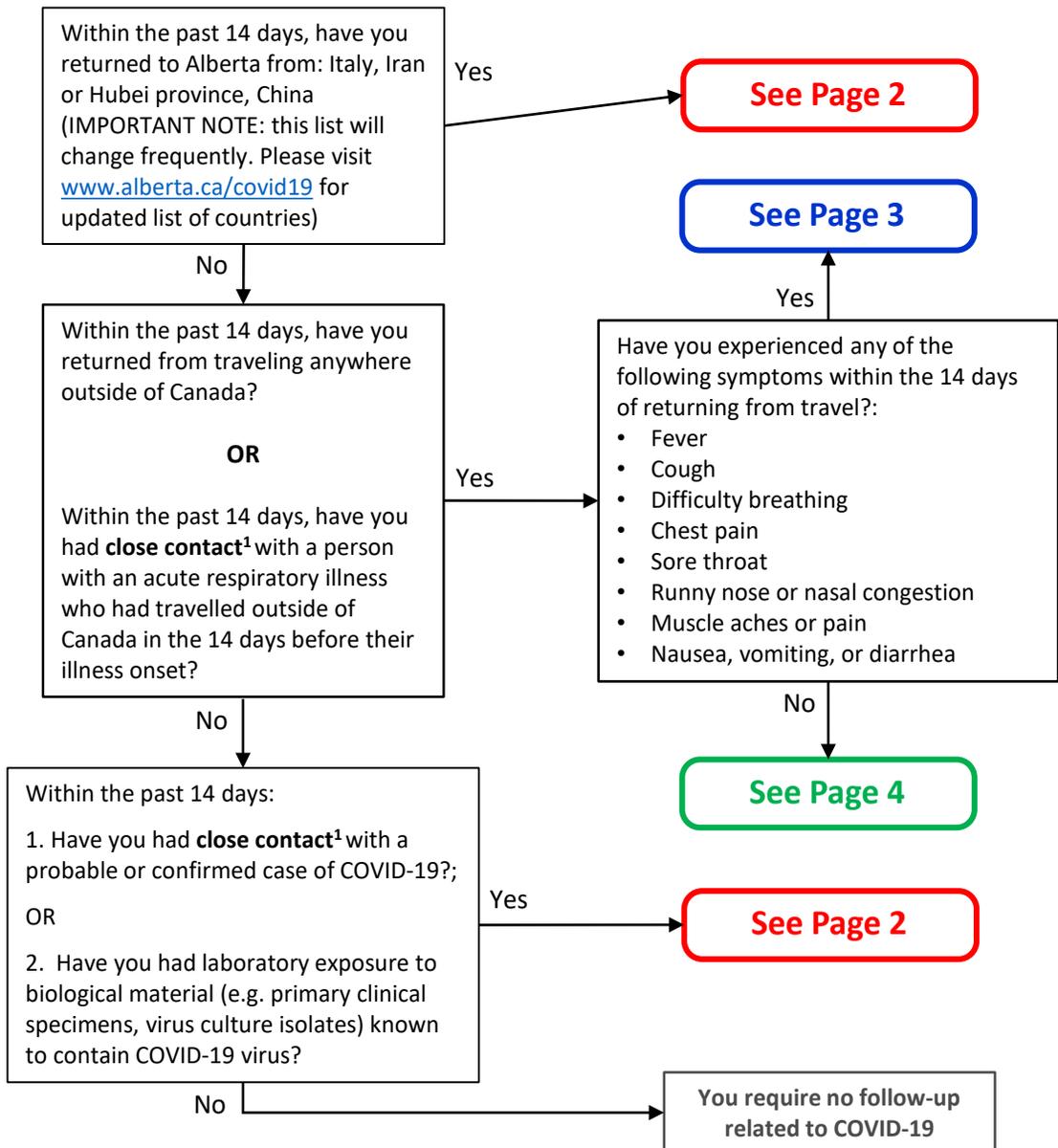


## COVID-19: Returning Traveler Guidance for AHS Employees and Members of the Medical and Midwifery Staffs



<sup>1</sup> **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](#)**

## COVID-19: Returning Traveler Guidance for AHS Employees and Members of the Medical and Midwifery Staffs

### Page 2 Instructions

If you have travelled from Italy, Iran, or Hubei province, China (IMPORTANT NOTE: visit [www.alberta.ca/covid19](http://www.alberta.ca/covid19) for the latest list of impacted countries); or you had close contact with a COVID-19 patient; or you had laboratory exposure to biological material known to contain COVID-19 virus

1. Have you experienced any of the following symptoms within the past 14 days?:

- Fever
- Cough
- Difficulty breathing
- Chest pain
- Sore throat
- Runny nose or nasal congestion
- Muscle aches or pain
- Nausea, vomiting, or diarrhea

If so, then please self-isolate immediately and contact [Workplace Health & Safety \(WHS\)](#): 1-855-450-3619. If WHS cannot be reached, then call [Health Link 811](#).

2. If you are currently asymptomatic, then please contact [Workplace Health & Safety \(WHS\)](#): 1-855-450-3619. You will be instructed to 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 possible, avoid the use of fever-reducing medications (e.g., acetaminophen, ibuprofen) during your self-isolation, as these medications could mask an early symptom of COVID-19;
- Watch for the above symptoms (see #1, above) in yourself or family members;
- 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;
- If you have questions about self-isolation that are not addressed in these [guidelines](#), then call [Health Link 811](#).

3. If you have remained asymptomatic, then please contact Call [WHS](#) (1-855-450-3619) at the completion of your 14-day self-isolation period, in order to confirm your return to work plan.

## COVID-19: Returning Traveler Guidance for AHS Employees and Members of the Medical and Midwifery Staffs

### Page 3 Instructions

If you have travelled from anywhere outside of Canada; or  
you had close contact with a person with an acute respiratory illness who had  
travelled outside of Canada in the 14 days before their illness onset,

AND you are

**SYMPTOMATIC**

1. Please self-isolate immediately and contact:

- [Workplace Health & Safety \(WHS\)](#): 1-855-450-3619.
- If WHS cannot be reached, then call [Health Link 811](#).

## COVID-19: Returning Traveler Guidance for AHS Employees and Members of the Medical and Midwifery Staffs

### Page 4 Instructions

If you have travelled from anywhere outside of Canada; or you had close contact with a person with an acute respiratory illness who had travelled outside of Canada in the 14 days before their illness onset,

AND you have

**NO SYMPTOMS**

1. You may continue to work and maintain your usual routines and activities.
2. For 14 days after the day you returned from travel, or the day of your last contact with the individual with the acute respiratory illness, monitor yourself for the following symptoms:
  - Fever
  - Cough
  - Difficulty breathing
  - Chest pain
  - Sore throat
  - Runny nose or nasal congestion
  - Muscle aches or pain
  - Nausea, vomiting, or diarrhea
3. If possible, avoid the use of fever-reducing medications (e.g., acetaminophen, ibuprofen) during your 14-day self-monitoring period, as these medications could mask an early symptom of COVID-19;
4. If you develop any of the symptoms listed above (see #2, above) during your 14-day monitoring period, then:
  - Immediately self-isolate and contact [Workplace Health & Safety \(WHS\)](#): 1-855-450-3619. If WHS cannot be reached, then call [Health Link 811](#).
  - If you are severely ill and in need of immediate medical attention, then call 911 and inform them that you may have COVID-19.