

# COVID-19 What to do



## RECOGNIZE THE SYMPTOMS OF COVID-19 IN ADULTS.

# A

### DO YOU HAVE 1 OF THE GROUP A SYMPTOMS?

- Difficulty breathing such as shortness of breath or a feeling of suffocation
- Fever (oral temperature of 38°C (100.4°F) and over
- Recent cough or worsening of a chronic cough
- Sudden loss of sense of smell without nasal congestion with or without loss of taste

If you answer «Yes» to **1** symptom in group A, you must stay home.

## OR

# B

### DO YOU HAVE 2 OF THE GROUP B SYMPTOMS?

- Generalized muscular pain (not related to physical effort)
- Headache
- Intense fatigue
- Significant loss of appetite
- Sore throat
- Nausea, vomiting or diarrhea

If you answer «Yes» to **2** group B symptoms, you must stay home.

## YOU HAVE SYMPTOMS OF COVID-19? HERE ARE THE STEPS TO FOLLOW



### 01 STAY HOME

- 02 Call your foreman or supervisor to notify them of the situation.
  - a. Describe your symptoms.
  - b. Notify them if you have been in contact with a colleague for more than 15 minutes at a distance of less than 2 metres without a mask or safety glasses.
- 03 Complete the COVID-19 symptom self-assessment grid put online by the Alberta government or call the COVID-19 line at 811.
- 04 Follow Public Health guidelines.
- 05 Call your local Human Resources Department to complete the investigation and notify them of Public Health directives.
- 06 Wait for your test result at home.
- 07 Report your test result to your local Human Resources Department.
- 08 Return to the workplace at the end of the isolation period agreed upon with Public Health.



## YOU RECEIVE A COMMUNICATION FROM YOUR CHILD'S SCHOOL OR DAYCARE HERE ARE THE STEPS TO FOLLOW

- 01 Carefully read the letter for instructions regarding your child.
- 02 If the letter does not state that people living in the same household as your child should be placed in preventive confinement, you are allowed to report to work unless you are able to telework.
- 03 If you receive a letter or call from Public Health asking you to place all people living in the same home as your child in preventive confinement, you must follow the instructions and not report to work.
- 04 Call your local Human Resources Department to begin a COVID-19 investigation and notify them of the Public Health guidelines.
- 05 Return to the workplace at the end of the confinement period agreed upon with Public Health.

## PROCEDURE FOLLOWED BY CANAM

- When an employee presents symptoms associated with COVID-19, they are immediately removed from the workplace.
- An investigation is triggered in order, notably, to find out the names of the people with whom they have been in direct contact.
- All named employees are contacted to decide whether or not to remove them from the workplace.
- A disinfection of the premises visited by the employee shall be carried out promptly following the investigation.
- Note that if you have not been in direct contact with the person with symptoms, you will not be contacted and can continue working.

## FAQ

### HERE ARE DIFFERENT SCENARIOS YOU MAY BE CONFRONTED WITH



- 01** Q: I am waiting for the results of my COVID-19 test and I have no or no more symptoms. Can I report for work?  
A: As recommended by Public Health, you must remain in confinement until you receive your test result or until the date you are given.
- 02** Q: I have a sore throat and a runny or congested nose. Can I report for work?  
A: Since you have only one group B symptom associated with COVID-19, you may report to work, but you must monitor your symptoms and if a second group A or B symptom appears, you must immediately notify your supervisor and isolate yourself.
- 03** Q: Is a runny or congested nose a symptom of COVID-19?  
A: No, they are not on the list of symptoms in adults issued by Public Health.
- 04** Q: I live under the same roof as a person who has been diagnosed positive for COVID-19. Can I report for work?  
A: Public Health will require a confinement period equivalent to the person diagnosed with COVID-19 for all individuals living in the same household. This means you will not be able to report for work.
- 05** Q: I have been in contact within 2 meters, for more than 15 minutes, without a mask and safety glasses with a person who is waiting for a diagnosis. Can I report for work?  
A: If telework is not possible, you can report to work, but you must monitor your symptoms and strictly observe the rules of distance and hygiene.
- 06** Q: My friend came to dinner at home on Saturday night, we didn't really keep up the rules of hygiene and distance. He developed symptoms in the days that followed. He is waiting for the results of his test. Can I report for work?  
A: If telework is not possible, you can report to work, but you must monitor your symptoms and strictly observe the rules of distance and hygiene. Once your friend has been tested and found to be positive, you should immediately isolate yourself, call the Human Resources Department and call Public Health at 811.
- 07** Q: In my child's class there is someone who has symptoms of COVID-19. Can I report for work?  
A: Yes, you can report to work unless Public Health says otherwise.
- 08** Q: My spouse tested negative, but must remain in preventive confinement as recommended by Public Health. Can I report for work?  
A: Yes, you can go to work unless otherwise directed by Public Health.
- 09** Q: My daughter is awaiting the results of her screening test and must remain in preventive confinement as recommended by Public Health. I have no symptoms. Can I report for work?  
A: Yes, you can report to work unless otherwise directed by Public Health, but you must monitor your symptoms and follow strict rules of distancing and hygiene. However, we encourage you to telework if it is possible for you to do so.

## USEFUL LINKS

COVID-19 Line : 811

Link to do the self-assessment of symptoms put online by Public Health  
[www.albertahealthservices.ca/topics/Page17058.aspx](http://www.albertahealthservices.ca/topics/Page17058.aspx)

Alberta Health Services COVID-19  
[www.albertahealthservices.ca/info/page12630.aspx](http://www.albertahealthservices.ca/info/page12630.aspx)

City of Calgary - Response to COVID-19  
[www.calgary.ca/csp/cema/covid19/response-to-coronavirus.html](http://www.calgary.ca/csp/cema/covid19/response-to-coronavirus.html)

COVID-19 info for Albertans  
[www.alberta.ca/coronavirus-info-for-albertans.aspx](http://www.alberta.ca/coronavirus-info-for-albertans.aspx)

