



COVID-19 Isolation Cheat Sheet

Complete Isolation Requirements can be found: <https://www.alberta.ca/isolation.aspx>

PLAYERS, COACHES, OFFICIALS, & VOLUNTEERS ARE NOT PERMITTED TO PARTICIPATE IN ANY HOCKEY RELATED ACTIVITY IF THEY ARE SICK IN ANY CAPACITY.

| Situation | Explanation/Example | Isolation Requirements | Return to Hockey | External Actions |
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| <p>1. Confirmed or Presumptive Case of COVID-19</p> | <p>Positive COVID-19 diagnosis confirmed by Alberta Health Services</p> <p>Or</p> <p>A medical physician or Health Link has provided a presumptive COVID-19 diagnosis.</p> | <p>Self-Isolate at home</p> <p>You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.</p> <p>Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</p> | <p>Alberta Health Services has cleared the individual to no longer isolate.</p> | <p>Alberta Health Services is already involved.</p> <p>AHS will perform contact tracing.</p> |
| <p>2. Symptoms of COVID-19 and no known exposure to the virus (contact with a positive case)</p> | <p>Symptoms:</p> <ul style="list-style-type: none"> • Cough • Fever • Shortness of breath • Runny nose • Sore throat | <p>Self-Isolate at home</p> <p>You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.</p> <p>The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</p> | <p>Completion of Isolation requirements</p> <p>OR</p> <p>Received a negative test and no longer have any symptoms. AHS suggest you stay home when sick with any illness, until symptoms resolve; however, if your COVID test is negative, this is not legally required. However, hockey participation is not permitted while still symptomatic.</p> | <p>Direction provided by Health Link (call 811)</p> |



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| <p>3. Close Contact¹ of confirmed COVID-19 Case</p> | <p>In most cases, AHS has contacted the individual, informed them they are a close contact, and instructed them to self isolate. However, if you have not been contacted by AHS, and have confirmation that you have been in close contact with a positive case, you are still legally required to complete the applicable isolation requirements.</p> | <p style="text-align: center;">Self-Isolate at home</p> <p>You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)</p> <p>If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.</p> | <p style="text-align: center;">Completion of Isolation requirements</p> <p style="text-align: center;">OR</p> <p>Alberta Health Services has cleared the individual to no longer isolate.</p> <p>NOTE: If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days.</p> | <p style="text-align: center;">Alberta Health Services is already involved.</p> |
| <p>4. Waiting on Asymptomatic COVID-19 test results</p> | <p>Went for a test and never had COVID-19 symptoms</p> | <p style="text-align: center;">No isolation requirements</p> | <p>May participate in hockey provided they are not fulfilling Close Contact isolation requirements</p> | <p style="text-align: center;">Direction provided by Health Link (call 811)</p> |
| <p>5. Sick with secondary symptoms</p> | <p>Secondary Symptoms:</p> <ul style="list-style-type: none"> • Chills • Painful swallowing • Stuffy nose • Headache • Muscle or joint aches • Feeling unwell, fatigue or severe exhaustion • Gastrointestinal symptoms (nausea, vomiting, diarrhea) | <p style="text-align: center;">Cannot Participate in Hockey Activities</p> <p>Self Isolate at home and minimize your contact with others until your symptoms resolve.</p> | <p>May participate in hockey once they no longer have secondary symptoms.</p> | <p style="text-align: center;">Direction provided by Health Link (call 811)</p> |



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| | <p>or unexplained loss of appetite)</p> <ul style="list-style-type: none"> • Loss of sense of smell or taste • Conjunctivitis, commonly known as pink eye | | | |
| <p>6. Traveling outside the country</p> | <p>Returning to Calgary from outside of Canada</p> | <p>Cannot Participate in Hockey Activities</p> <p>You are legally required to isolate for 14 days if you return to or enter Alberta from outside Canada.</p> <p>If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.</p> | <p>Completion of Isolation requirements</p> <p>OR</p> <p>If you have a Government Exemption not requiring isolation upon return. Proof of exemption should be provided.</p> | <p>Direction provided by Health Link (call 811)</p> |

1. Close Contact Definition

Alberta Health Services . (2020, August 9th) Alberta Health Services. *Information for Albertans – Novel Coronavirus COVID-19*. Retrieved from <https://albertahealthservices.ca/topics/Page16997.aspx>

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 who lived with or otherwise had close prolonged contact (within two metres) with the person while they were 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.