

COVID-19 Isolation and Quarantine Requirements

Scenario	Self-Isolation/Quarantine Requirements	
Close Contact of a confirmed COVID-19 case	<ul style="list-style-type: none"> Quarantine for 14 days from last contact with the confirmed case. A COVID-19 test should be booked as soon as you receive confirmation that you are a close contact of someone who tested positive. If you become sick with a known COVID-19 symptom 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. 	
Close Contact of confirmed COVID-19 case- Fully Vaccinated* <i>*considered fully vaccinated 14 days after receiving both doses in a 2-dose vaccine series, or 1 dose in a 1 dose vaccine series</i>	<p>No Symptoms:</p> <ul style="list-style-type: none"> You are not required to quarantine <p>Symptoms:</p> <ul style="list-style-type: none"> You must isolate for 10 days and should get tested – your isolation can end early if you test negative 	
Close Contact of confirmed COVID-19 case- Partially Vaccinated* <i>* considered partially vaccinated 14 days after receiving the first dose in a 2-dose vaccine series.</i>	<p>No Symptoms:</p> <ul style="list-style-type: none"> Quarantine for 10 days and should get tested. Quarantine can end early if you test negative on day 7 or later. If you test negative before day 7, you must remain in quarantine and need a second negative test on day 7 or later to end quarantine. <p>Symptoms:</p> <ul style="list-style-type: none"> You must isolate and should get tested. If you test negative before day 7, you must continue to quarantine (10 days total from exposure date). If you test negative on day 7 or later and your symptoms have resolved, your quarantine can end. 	
International Travel	<ul style="list-style-type: none"> Quarantine for 14 days upon return to Canada. If you become sick with a known COVID-19 symptom 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. Additional Federal mandatory self-isolation requirements apply and must be followed. ie. 3 days of self isolation in a government approved hotel and COVID-19 testing at own expense. More information for Albertans requiring quarantine in a hotel is available here. 	
Household Contacts	<ul style="list-style-type: none"> If the case is isolating at home in a separate room with access to a separate bathroom, household close contacts can start their 14 day self-isolation period the day the case starts isolating. If the case is unable to isolate in a separate room, every day the case is isolating at home is considered a new exposure. Household contacts must self-isolate during the case's isolation period (10 days) plus an additional 14 days after the case's isolation period ends. If you have been vaccinated, follow the quarantine period listed above, from the last date of exposure to the household contact. 	
Scenario	Self-Isolation (Positive Test)	Self-Isolation (Negative Test)
Experiencing the core COVID-19 symptoms	Self-isolate for 10 days or until symptoms have resolved, whichever is longer.	Self-isolate until symptoms have fully resolved. This only applies in cases where there hasn't been any international travel or close contact with a confirmed case - otherwise see the scenarios above.
Asymptomatic	Self-isolate for 10 days from the date you were tested. Should symptoms develop, start 10 day isolation over from the day symptoms started.	N/A

NOTE: The above self-isolation requirements are in [reference](#) to the public health orders established by Alberta Health.

Glossary of terms

Close Contact:

A close contact is anyone who, during the [infectious period](#):

- lived with or was within two metres of a person who has COVID-19 for 15 minutes or more of cumulative contact, i.e. multiple interactions for a total of 15 minutes or more, even if a mask was worn during that contact, or
- has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on), or
- provided direct care for a person who has COVID-19, or
- has physical contact with a person who has COVID-19, such as handshake, hugging, kissing, or sexual activity, or shares items with a person who has COVID-19 such as drinks, personal hygiene items, cigarettes, vapes, lipstick, eating utensils, etc.

Quarantine vs. Isolate

Isolate to avoid spreading illness.

- You tested positive for COVID-19.
- You are sick with fever, cough, shortness of breath, sore throat* or runny nose* and have not been tested.

Quarantine and watch for symptoms to prevent exposing others before symptoms appear.

- You had close contact with a person who has COVID-19.
- You returned from travel outside of Canada.

Isolate or Quarantine Requirements

- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
- Do not take public transportation like buses, taxis or ride-sharing - this is prohibited.
- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory isolation or quarantine.
- Do not use elevators or stairwells if you live in an apartment building or highrise, you must stay inside your unit. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.
- Get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.