## COVID-19 Isolation and Quarantine Requirements

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<th>Scenario</th>
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| Close Contact of a confirmed COVID-19 case | - 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* | No Symptoms:  
- You are not required to quarantine  
Symptoms:  
- 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* | No Symptoms:  
- 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.  
Symptoms:  
- 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 | 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. i.e. 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](https://www.gov.ab.ca). |
| Household Contacts | - 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.  
- **Quarantine** and watch for symptoms to prevent exposing others before symptoms appear.

**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.  
- Self-isolate for 10 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.