



Definition of Close Contact:
To have been in close contact with someone you have been:

- within 6 feet (less than 2 meters) of an infected person for 15 minutes or more of cumulative contact starting from 2 days (48 hours) before illness/symptom onset or 2 days (48 hours) prior to a positive specimen collection;
- having direct contact with infectious secretions of a COVID-19 infected person (e.g., cough or sneeze); or
- caring for or living with a person with symptoms or a COVID-19 positive case.

Symptoms of COVID:

- A new cough or worsening of a chronic cough
- Sore throat or painful swallowing
- Fever or chills
- New or worsening shortness of breath or difficulty breathing
- Stuffy or runny nose
- Loss of sense of smell or taste
- Headache
- Muscle or joint aches
- New fatigue (tiredness) or severe exhaustion
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Conjunctivitis, commonly known as pink eye

Self-Isolation:
If a CBOC employee needs to self-isolate, please contact your HR professional to help manage the process

Online Assessment Tools:
 Alberta: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>
 British Columbia: <https://bc.thrive.health/covid19/en>
 NWT: <https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19/nwt-online-covid-19-self-assessment-tool>