1. **What do I do if I suspect I have COVID-19?**

   If you have symptoms, you are not fit for work.

   Self-isolate and call 811 to arrange for testing and direction.

   Albertans are legally responsible to isolate for a minimum of 10 days if they have symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat.[1, 2]

   If you develop symptoms at work, notify your employer or supervisor as applicable, and immediately return home, in a private vehicle to isolate. Call 811. Your workplace shall implement appropriate enhanced cleaning and disinfection of your workspace and may wish to call 811 for further guidance.[3]

2. **What do I do if I test positive for COVID-19?**

   By law, you must self-isolate for at least 10 days after a positive test, even if you do not have any symptoms. If you get any symptoms, you must stay in self-isolation for 10 days after your symptoms appear, or symptoms resolve, which ever takes longer.

   You are not fit for work. Follow the specific instructions that Alberta Health provides you.

   In this instance, we ask you to voluntarily inform the Registrar, in confidence, of your situation, by email to registrar@crdha.ca. We ask this to facilitate monitoring of our COVID-19 guidelines and in the event of a media inquiry. (No private registrant information would be provided by the College.)

   Anyone who has been in close contact with you must also, by law, self-isolate for at least 14 days and watch for symptoms.

3. **What do I do if someone I work with tests positive for COVID-19?**

   If you were in close contact with this person, or any person with COVID-19, you are legally required to isolate for at least 14 days.[4] See CMOH 05-2020 for definitions of close contact.

   If a staff member or client is confirmed to have COVID-19, and it is determined that other people may have been exposed to that person, AHS will be in contact with the health care setting to provide the necessary public health guidance. Records/contact lists will be requested for contact tracing and may be sought for up to two days prior to the individual becoming symptomatic. Dental health care settings need to work cooperatively with AHS to ensure those potentially exposed to the individual receive the correct guidance

   For the purposes of public health tracing of close contacts, clinics need to be able to provide:

   - roles and positions of persons working in the workplace;

- who was working onsite at any given time;
- names of clients in the workplace by date and time; and
- names of staff members who worked on any given shift or time.[5]

4. **What do I do if a client I treated reports COVID-19 symptoms or a positive test within 10 days of their appointment?**
See Q 3 for directions. Call 811 for guidance if needed.

5. **How do I know if there are active COVID-19 cases in my area?**
You can sign up to receive notifications if there is a change to your region's COVID status. You can sign up to receive notice for up to 3 regions.

https://www.alberta.ca/covid-19-status-notification.aspx

To view the interactive map and determine your region, visit:
https://www.alberta.ca/maps/covid-19-status-map.htm#toc-1

References:

[1] COVID-19 Testing and Self-Isolation Criteria https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-case-def.pdf

[2] COVID-19 Assessment tool flowchart. https://www.alberta.ca/assets/documents/COVID-19-assessment-tool-for-health-care-workers-and-public-health-enforcement.pdf

[3] CMOH-16 2020 appendix "Workplace Guidelines for Community Health Settings" https://open.alberta.ca/dataset/2a615f78-aa9e-48d9-a323-9f2c08b07667/resource/fcca7551-9a32-4ec0-9545-aa5163f8a284/download/health-cmoh-record-of-decision-cmoh-16-2020.pdf

[4] https://www.alberta.ca/isolation.aspx

[5] Version 3 of CRDHA's Return to Work Guidelines for Dental Hygienists https://www.crdha.ca/media/249942/covid-19-return-to-[5]work-version-3-with-appendices.pdf