

NAVIGATING COVID

ADULTS AND CHILD BEARING TEENS

*If you do not have a family physician call 811 or visit albertafindadoctor.ca

SEVERELY ILL

HIGH RISK

NOT SEVERELY ILL OR HIGH RISK



Call 911 and proceed to the nearest Emergency Room if one or more of the situations below apply.



Contact your family physician, 811, walk in or urgent care clinic for a virtual or in-person assessment if one or more of the below situations apply.
*may be eligible for monoclonal antibody treatment



Isolate away from others and continue self care in your home. Contact 811 for any medical related questions or concerns.

RISK PROFILE

- N/A

You might be at higher risk if one or more of the following apply:

- Unvaccinated, Age 60+, heart disease, high blood pressure, obesity, pregnancy, stroke, diabetes, chronic kidney disease, chronic obstructive pulmonary disease, immunosuppressed, organ transplant or on medicines to suppress immune system

- Not severely ill with COVID-19 symptoms or not having higher risk symptoms of COVID-19.

SYMPTOMS

- Severe shortness of breath, can not complete sentences when at rest
- Severe or persistent chest pains
- Has fainted or collapsed
- Confusion; inability to stay awake
- Slurring of speech
- Grey or bluish coloration to skin, lips or nail beds

- Worsening or worrisome symptoms
- Fever higher than 39o C for three days or fever returns after 24 hours of being fever free
- Return of cough after being cough free
- Increasing shortness of breath
- Signs of dehydration such as: having very dry mouth, passing only a little urine, feeling very lightheaded
- Any pregnancy concerns (bleeding, lack of fetal movements, leaking fluids)
- Oxygen levels less than 92% (less than 95% if pregnant)

- May cough but not producing phlegm
- Not short of breath while at rest
- No wheezing when breathing
- Able to eat and drink
- General weakness or tiredness
- Sneezing or runny nose
- Respiratory rate less than 20 breaths per minute at rest
- Oxygen levels higher than 92% (95% or more if pregnant)

TREATMENT RESPONSE

- Shortness of breath not getting better if you are on home oxygen

- Minimal or no change to fever after taking Tylenol/ Advil (Acetaminophen/Ibuprofen)
- Continued shortness of breath or wheezing after taking asthma medicines (if asthmatic)
- Recently discharged from hospital for COVID*

- Fever reduces when taking Tylenol/Advil (Acetaminophen/Ibuprofen)
- Symptoms improve after initial peak (typically after first 2 days)
- Able to safely isolate in home for 10 days

HOME SITUATION

- N/A

- Lives alone or no family or friends to help get food, medicine or to check on you
- Difficulty paying for food or medicines

- Able to feed, clothe, bathe by yourself or with assistance

NAVIGATING COVID

CHILDREN AND TEENS

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HIGH RISK

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Call 911 and proceed to the nearest Emergency Room if one or more of the situations below apply.



Contact your family physician, 811, walk in or urgent care clinic for a virtual or in-person assessment if one or more of the situations below apply.



Isolate away from others and continue self care in your home. Contact 811 for any medical related questions or concerns.

MEDICAL HISTORY

- N/A

- Higher Risk
- Less than 1 year old OR
- Older than 1 year old and has heart, lung, brain or muscle problems, diabetes, a weak immune system or taking medicines that affect the immune system

- Not severely ill with COVID-19 symptoms or not having higher risk symptoms of COVID-19.

SYMPTOMS

- Shortness of breath; can not complete sentences when at rest
- Muscles between ribs or collarbone suck in when breathing
- Makes grunting sounds when breathing
- Nose widens when breathing
- Difficulty breathing with excessive drooling
- Severe or persistent chest pains
- Has fainted or collapsed
- Lethargic or not acting normally (0 - 3 years)
- Confusion; inability to stay awake (3-18 years)
- Slurring of speech
- Grey or bluish coloration to skin, lips or nail beds

- Worsening or worrisome symptoms
- Temperature higher than 38° C for three consecutive days
- Energy does not improve when fever goes down
- Red eyes between fever episodes
- Rapid breathing or change in breathing pattern
- Dehydration (repeated nausea, vomiting, diarrhea, does not make tears when cries or decreased urine output/fewer wet diapers)
- New rash
- Lips and tongue more red than normal
- Oxygen levels less than 92% (If available)

- Child appears normal between fever episodes
- May cough but not producing phlegm
- Not short of breath while at rest
- No wheezing or grunting when breathing
- Able to eat and drink
- General weakness or tiredness
- Sneezing or runny nose
- Normal breathing at rest
- Oxygen levels higher than 92% (If available)

TREATMENT

- Wheezing, loud breathing noises after taking oral steroids or usual asthma meds.
- Not peeing/wetting diapers or tears when crying after rehydrating.

- Minimal or no change to fever after taking Tylenol/ Advil (Acetaminophen/Ibuprofen)
- Continued shortness of breath or wheezing after taking asthma medicine (if asthmatic)
- Recently discharged from hospital for COVID

- Fever reduces when taking Tylenol/Advil (Acetaminophen/Ibuprofen)
- Symptoms improving after initial peak of symptoms

HOME SITUATION

- N/A

- No family or friends to help caregiver care for child
- Difficulty paying for food or medicines.
- Not able to isolate safely in home.

- Have help in caring for child.
- Able to afford food and medicines.
- Safe, stable place for isolating child for 10 days.