# NAVIGATING COVID

## ADULTS AND PREGNANT TEENS

*If you do not have a family physician call 811 or visit [albertafindadoctor.ca](http://albertafindadoctor.ca)*

### SEVERELY ILL (VERY SICK)

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

### MODERATELY ILL (PRETTY SICK)

- 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 medicine to treat COVID*

### MILDLY ILL (A LITTLE SICK)

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

#### MEDICAL HISTORY

- N/A

#### SYMPTOMS

- N/A

#### TREATMENT RESPONSE

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

#### HOME SITUATION

- N/A

<table>
<thead>
<tr>
<th>Severe</th>
<th>Moderate</th>
<th>Mild</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>May be at higher risk if any of the following apply:</strong></td>
<td><strong>May be at higher risk if any of the following apply:</strong></td>
<td><strong>Not severely ill with COVID-19 symptoms or not having higher risk symptoms of COVID-19.</strong></td>
</tr>
<tr>
<td>- Unvaccinated, Age 60+, heart disease, high blood pressure, obesity, pregnancy, stroke, diabetes, chronic kidney disease, chronic obstructive pulmonary disease, immunosuppressed, organ transplant or on medicine to suppress immune system</td>
<td>- Worsening symptoms or symptoms you are worried about</td>
<td>- May have fever</td>
</tr>
<tr>
<td>- Share self-documented positive home rapid test</td>
<td>- Fever higher than 39°C for three days or fever returns after 24 hours of being fever free</td>
<td>- May cough but not producing phlegm</td>
</tr>
<tr>
<td>- Very short of breath, can not complete sentences when at rest</td>
<td>- Return of cough after being cough-free</td>
<td>- Not short of breath while at rest</td>
</tr>
<tr>
<td>- Chest pains that do not go way or are very painful</td>
<td>- Worsening shortness of breath</td>
<td>- No wheezing when breathing</td>
</tr>
<tr>
<td>- Has fainted or collapsed</td>
<td>- Signs of dehydration such as: having very dry mouth, passing only a little urine, feeling dizzy or like you may faint</td>
<td>- Able to eat and drink</td>
</tr>
<tr>
<td>- Confusion; not able to stay awake</td>
<td>- Any pregnancy concerns (bleeding, lack of fetal movements, leaking fluids)</td>
<td>- General weakness or tiredness</td>
</tr>
<tr>
<td>- Slurring of speech</td>
<td></td>
<td>- Sneezing or runny nose</td>
</tr>
<tr>
<td>- Grey or bluish colour to skin, lips or nail beds</td>
<td></td>
<td>Respiratory rate less than 20 breaths per minute at rest</td>
</tr>
<tr>
<td>- Oxygen levels less than 92% (less than 95% if pregnant)</td>
<td></td>
<td>Oxygen levels higher than 92% (95% or more if pregnant)</td>
</tr>
<tr>
<td>- Minimal or no change to fever after taking Tylenol/Advil (Acetaminophen/Ibuprofen)</td>
<td></td>
<td>Fever goes down when taking Tylenol/Advil (Acetaminophen/Ibuprofen)</td>
</tr>
<tr>
<td>- Continued shortness of breath or wheezing after taking asthma medicines (if asthmatic)</td>
<td></td>
<td>Symptoms getting better after initial peak (typically after first 2 days)</td>
</tr>
<tr>
<td>- Recently discharged from hospital for COVID'</td>
<td></td>
<td>Able to safely isolate in home for 10 days</td>
</tr>
<tr>
<td>- Lives alone or no family or friends to help get food, medicine or to check on you</td>
<td></td>
<td>Able to feed, clothe, bathe by yourself or with help</td>
</tr>
<tr>
<td>- Difficulty paying for food or medicine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Last updated: January 14, 2022
# NAVIGATING COVID

## CHILDREN AND TEENS

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

### SEVERELY ILL (VERY SICK)
- Call 911 and go to the nearest Emergency Room if one or more of the situations below apply.

### MODERATELY ILL (PRETTY SICK)
- 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.

### MILDLY ILL (A LITTLE SICK)
- Isolate away from others and continue self care in your home. Contact 811 for any medical related questions or concerns.

#### MEDICAL HISTORY
- N/A

#### SYMPTOMS
- **SEVERELY ILL (VERY SICK)**
  - 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
  - Chest pains that do not go away or very painful
  - Has fainted or collapsed
  - Lethargic or not acting normally (0 - 3 years)
  - Confusion; not able to stay awake (3-18 years)
  - Slurring of speech
  - Grey or bluish colour to skin, lips or nail beds
- **MODERATELY ILL (PRETTY SICK)**
  - Worsening symptoms or symptoms you are worried about
  - Temperature higher than 38°C for three days in a row
  - 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)
- **MILDLY ILL (A LITTLE SICK)**
  - Not severely ill with COVID-19 symptoms or not having higher risk symptoms of COVID-19.
  - Self-document positive home rapid COVID test for ages 2 and up (no need to send test result to your physician)

#### TREATMENT
- **SEVERELY ILL (VERY SICK)**
  - Wheezing, loud breathing noises after taking oral steroids or usual asthma meds.
  - Not peeing/wetting diapers or tears when crying after drinking water.
- **MODERATELY ILL (PRETTY SICK)**
  - 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
- **MILDLY ILL (A LITTLE SICK)**
  - Fever reduces when taking Tylenol/Advil (Acetaminophen/Ibuprofen)
  - Symptoms getting better after initial peak of symptoms

#### HOME SITUATION
- **SEVERELY ILL (VERY SICK)**
  - N/A
- **MODERATELY ILL (PRETTY SICK)**
  - No family or friends to help caregiver care for child
  - Difficulty paying for food or medicine.
  - Not able to isolate safely in home.
- **MILDLY ILL (A LITTLE SICK)**
  - Have help in caring for child.
  - Able to afford food and medicine.
  - Safe, stable place for isolating child for 10 days.