### NAVIGATING COVID

**ADULTS AND PREGNANT TEENS**

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

<table>
<thead>
<tr>
<th>SEVERELY ILL (VERY SICK)</th>
<th>MODERATELY ILL (PRETTY SICK)</th>
<th>MILDLY ILL (A LITTLE SICK)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 911 and go to the nearest Emergency Room if one or more of the situations below apply.</td>
<td>Contact your family physician for an in-person or virtual visit or visit your nearest walk-in clinic. If you have access to an at-home rapid test, please share your results with your care provider.*may be eligible for medicine to treat COVID</td>
<td>Isolate away from others and continue self care in your home. Contact 811 for any medical related questions or concerns.</td>
</tr>
</tbody>
</table>
| - N/A | May be at higher risk if any 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 medicine to suppress immune system  
- Share self-documented positive home rapid test | - Not severely ill with COVID-19 symptoms or not having higher risk symptoms of COVID-19.  
- Self-documented positive home rapid COVID test (no need to send test result to your physician) |
| MEDICAL HISTORY | SYMPTOMS | TREATMENT RESPONSE |
| - Very short of breath, can not complete sentences when at rest  
- Chest pains that do not go way or are very painful  
- Has fainted or collapsed  
- Confusion; not able to stay awake  
- Slurring of speech  
- Grey or bluish colour to skin, lips or nail beds | - Worsening symptoms or symptoms you are worried about  
- Fever higher than 39°C for three days or fever returns after 24 hours of being fever free  
- Return of cough after being cough-free  
- Worsening shortness of breath  
- Signs of dehydration such as: having very dry mouth, passing only a little urine, feeling dizzy or like you may faint  
- Any pregnancy concerns (bleeding, lack of fetal movements, leaking fluids)  
- Oxygen levels less than 92% (less than 95% if pregnant) | - May have fever  
- 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 | HOME SITUATION |  |
| - Shortness of breath not getting better if you are on home oxygen | - Lives alone or no family or friends to help get food, medicine or to check on you  
- Difficulty paying for food or medicine | - Able to feed, cloth, bathe by yourself or with help |

*May be eligible for medicine to treat COVID*
# 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.

#### MEDICAL HISTORY
- N/A

#### 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
- 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

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

#### HOME SITUATION
- N/A

### MODERATELY ILL (PRETTY SICK)
- Contact your family physician for an in-person or virtual visit or visit your nearest walk-in clinic. If you have access to an at-home rapid test, please share your results with your care provider.

#### MEDICAL HISTORY
- N/A

#### SYMPTOMS
- 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)

#### TREATMENT
- 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

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

#### MEDICAL HISTORY
- 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)

#### SYMPTOMS
- May have fever
- 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
- Fever reduces when taking Tylenol/Advil (Acetaminophen/Ibuprofen)
- Symptoms getting better after initial peak of symptoms

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