

# 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)

### MODERATELY ILL (PRETTY SICK)

### MILDLY ILL (A LITTLE SICK)



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



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](#)



Isolate away from others and continue self care in your home. Contact 811 for any medical related questions or concerns.  
\*may be eligible for [medicine to treat COVID](#)

#### MEDICAL HISTORY

- 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)

#### SYMPTOMS

- 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

- 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 goes down when taking Tylenol/Advil (Acetaminophen/Ibuprofen)
- Symptoms getting better 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 medicine

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



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# NAVIGATING COVID

## CHILDREN AND TEENS

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### SEVERELY ILL (VERY SICK)

### MODERATELY ILL (PRETTY SICK)

### MILDLY ILL (A LITTLE SICK)



Call 911 and go 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

May be at higher risk if any of the below apply:

- 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
- Share self-documented positive home rapid testS

- 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

- 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

- 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)

- 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

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

- 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 getting better after initial peak of symptoms

#### HOME SITUATION

- N/A

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

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