



COVID-19 Quarantine (Self-Isolate)

Frequently Asked Questions

1. Q: Why do we need to self-isolate?

A: Isolating and quarantining helps prevent the spread of COVID-19 by reducing the number of people you could infect if you're sick. COVID-19 can take up to 14 days to cause symptoms.

2. Q: How long is the isolation period?

A: If you have travelled outside of the country, you are legally required to self-isolate for **14 days**. If you have been identified as a close contact to a confirmed COVID-19 case, you are legally required to self-isolate for **14 days**. If you are displaying any of the core symptoms of COVID-19 you are legally required to self-isolate for **10 days**.

3. Q: What are the core symptoms of COVID-19?

A: Fever, new onset of cough or worsening chronic cough, new or worsening shortness of breath or difficulty breathing, sore throat, and runny nose.

4. Q: A member in my household is displaying COVID-19 and/or cold/flu like symptoms, am I required to self-isolate?

A: No, you are only legally required to self-isolate for 10 days if you are displaying any of the core COVID-19 symptoms. Only the member who is displaying symptoms in your household will be legally required to self-isolate.

5. Q: A family member who will be staying at my residence is travelling from outside of the province, am I required to self-isolate?

A: No, you or the family member are not required to self-isolate. People who travel outside of the country are legally required to self-isolate for 14 days. KTCEA advises staff to not travel out of the province at this time.

6. Q: A member in my household has been notified as a close contact and must follow the AHS self-isolation guidelines, am I required to self-isolate?

A: No, you are not required to self-isolate. The member in your household must be tested and complete the mandatory self-isolation requirements. As a precautionary measure, all members in the household can self-isolate until the results have been received. If positive, all members will be identified as a close contact and **MUST** self-isolate for 14 days. If the test is negative, members in the household are **NOT** required to self-isolate, only the person identified as a close contact must complete the 14-day self-isolation period.

- 7. Q: Do I still have to complete the isolation period once my results have returned negative?**
A: Yes, you are legally required to self-isolate for 10 days if you are displaying any of the core symptoms of COVID-19.
- 8. Q: If my symptoms have subsided and I have not been tested, am I able to return to duties?**
A: No, if you are not tested for COVID-19, you MUST self-isolate for 10 days following the start of these symptoms and until you are feeling better (whichever is longer). It is mandatory for all KTCEA staff to be tested if they are displaying symptoms of COVID-19.
- 9. Q: I am displaying symptoms due to my allergies, am I required to self-isolate?**
A: You are only legally required to self-isolate for 10 days if you are displaying any of the core symptoms of COVID-19 that are not related to a pre-existing illness or health condition, such as allergies or chronic sinusitis. KTCEA encourages staff to provide a doctor's note outlining the pre-existing illness or health conditions.

Staff – Frequently Asked Questions

- 1. Q: How many sick days am I entitled to?**
A: School staff earn 1.25 sick days per month or a total of 12.5 days/year.
- 2. Q: What if my test result is negative, do I have to use my sick days?**
A: If your results are negative, you would use your sick days.
- 3. Q: What if I don't have any sick days left?**
A: If you do not have any sick days left, you would be on leave without pay.
- 4. Q: If my results are positive, will I be required to use my sick days?**
A: If your results are positive, you would be placed on leave with pay and your sick leave credits would not be deducted. Staff MUST follow the Alberta Health Services guidelines and contact KTCEA Pension and Benefits Coordinator to begin the process of applying for short term disability.
- 5. Q: With adhering to the self-isolation guidelines, if I do not have the ability to work from home, how can I work around this without it affecting my sick days?**
A: Contact your supervisor if you want to make a request to work from home. Approvals are on a case by case basis. Not all positions can work from home, depending on the nature of the job.
- 6. Q: Am I allowed to travel outside of the Province?**
A: At this time, KTCEA is advising staff to not travel outside of the province.

7. Q: Will there be ongoing testing? (e.g. will I need to have my temperature taken when I come into work?)

A: Yes. Anyone who enters all KTCEA facilities will be required to adhere to the building protocols. Temperatures will be conducted and KTCEA staff and visitors are required to fill out a daily self-assessment form prior to entering the building.

8. Q: Can my supervisor direct me to go home if they observe COVID-19 symptoms?

A: Yes. You will be sent home by your supervisor if you have cold and/or flu symptoms. Managers and supervisors must ensure a safe work environment for all employees and will direct employees who are ill to go home and take sick leave.

9. Q: Can I refuse to stay at work if I feel like another employee has COVID-19 symptoms?

A: Any employee displaying symptoms will be sent home. If you have any concerns about a co-worker who is displaying COVID-19 symptoms, you have a responsibility to advise your supervisor.

10. Q: If there is a confirmed case in the school, and the school shuts down will I be required to use my personal sick days?

A: No. Staff will not be required to use their personal sick days. Teaching staff will continue to provide learning remotely.

For more information, please visit the Alberta Health Services website at <https://www.albertahealthservices.ca/topics/page16997.aspx#sign>