

A Practical Guide to Support Family Stress after a Positive COVID-19 Test

Have you or a member of your household received a positive COVID-19 test? Uncertain times can be stressful, but when we focus on factors within our own control, it can help us feel more secure in the situation. When feeling stressed or anxious, it can be difficult to think clearly. This Checklist and Action Plan can help guide you through this potentially stressful situation after you or a household member tests positive for COVID-19. These tools can be helpful to prepare before someone needs to isolate or quarantine.

For individuals or families in quarantine or isolation due to COVID-19

- The person who has tested positive must stay in **isolation**, even within their own home if at all possible, for 10 days.
- The other household members will now become close contacts and are required to **quarantine** for 14 days.

For an easy to follow flow chart about whether your child can go to school or childcare, visit the AHS Guidance for Parents; www.ahs.ca/parentcovidguide

Important Resources

For emergencies please call **911**

AHS Health Link [811](tel:811) – for any medical related questions or concerns

Community Resources - [211](tel:211) – for finding sources of help or visit ab.211.ca

AHS Mental Health Helpline: [1-877-303-2642](tel:1-877-303-2642)

For other sources of help, please visit AHS Help in Tough Times

www.ahs.ca/helpintoughtimes

Checklist

- Prepare a space for isolating within the home;
 - Can you dedicate one room? Is there an option to dedicate a separate bathroom?
Can 1 adult be the dedicated caregiver?
 - How can you limit shared items? (Toys, games, devices, etc.)
 - For tips on isolation visit: www.ahs.ca/isolation
- Book a test for others in the household
 - Visit ahs.ca/testing Try to have your Alberta Healthcare Number ready
 - If you have questions or concerns you can call 811
- Make a list of who you need to inform
 - Teachers / Child care providers
 - Follow Notification Process ahs.ca/closecontacts
 - Employers; All employees are eligible [for a 14 day unpaid leave] regardless of their length of service alberta.ca/covid-19-leave
 - Financial resources are available alberta.ca/emergency-financial-assistance
- Consider parenting custody agreements; both parties should remain flexible and reasonable
- Create an emergency contact list (see the following Action Plan template)
- Identify how you will meet your immediate needs such as:
 - Groceries, medications or medical supplies
 - Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone
 - Pet care; do you need someone to help with walking the dog or take over care for the pet temporarily?
- Notify friends and/or family members and ask for help if needed
- Create a list of local organizations that may be able to help provide:
 - delivery of groceries, medications or other supplies
 - support or counselling
 - If you need support finding local resources, please call 211
- Cancel commitments or re-schedule for phone or virtual (meetings or appointments)
 - Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone
- List some activities you and your family can look forward to such as:
 - Keep a daily routine, include a daily goal and stay physically active
 - Talk to your family about meaningful activities that you can still do at home
 - Maintain social connection virtually or by phone
 - Organize or declutter an area of the house
 - Baking/Cooking – please avoid food preparation for others if you are sick
 - Catch up on some sleep/rest
 - Go outdoors but remember, you must remain on private property (this may not be possible if you live in a condo or apartment building with no balcony)
 - Check out the Coping at Home for Families for a listing of activities
<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-at-home-for-families.pdf>

Action Plan

Consider filling out the Action Plan prior to any household members testing positive for COVID-19 to alleviate the stress of planning amidst a COVID-19 isolation or quarantine.

Members of the Household			
Name	AB Healthcare Number	Medical Conditions	Prescriptions/Medications
Address (or Rural Land Location):			
People you need to notify: employers, teachers, childcare providers, & others			
Name		Contact Number	
Food/groceries and pharmacy (if needed):			
(For ideas visit: Build an emergency kit https://www.alberta.ca/build-an-emergency-kit.aspx)			
Store or Company Name		Contact or Ordering Info	

Friends, Family, and Organizations That Can Help:	
Name	Contact Number
Ways we will stay healthy (physically, mentally, emotionally and socially) (For ideas, visit: Coping at Home for Families https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-at-home-for-families.pdf)	
Emergency Contacts	
Name	Contact Number