

STAY HOME GUIDE

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL...



MY CHILD HAS COVID-19 SYMPTOMS

- Fever
- Cough (new cough/worsening chronic cough)
- Shortness of breath/difficulty breathing (new or worsening)
- Loss of sense of smell or taste

COVID-19 TEST RECOMMENDED

Book an appointment to get tested online with the Alberta Health Services assessment tool or call Health Link at 811. Visit:

alberta.ca/covid-19-testing-in-alberta.aspx **A student may return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.**

1. Anyone with **COVID-19** symptoms is **REQUIRED** to **stay home and self-isolate** for 10 days from the start of symptoms or until they are gone, whichever is longer. alberta.ca/isolation.aspx
2. If an individual develops symptoms that could be caused by either COVID-19 or a known pre-existing condition, they **should be tested** for COVID-19 to confirm that it is not the source of their symptoms before returning to school.
3. Only individuals that have been **identified as a "close contact"** are required to self-isolate. Contacts of the close contact do not need to self-isolate.
4. An individual who has been in contact with someone (parent, sibling, partner, child, etc) that has COVID-19 symptoms, but has not yet received test results, is **not required to self-isolate**, unless they become symptomatic.

MY CHILD HAS OTHER SYMPTOMS

- Chills, sore throat, painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle and/or joint aches
- Headache
- Conjunctivitis (pink eye)

COVID-19 TEST RECOMMENDED

(if your child has two or more **other** symptoms)

1. If the child answered **YES** to **ONE** of the **OTHER symptoms**, keep your child home for 24 hours. **If their symptom is improving after 24 hours, and they feel well enough, they can return to school.** Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link at 811 to check if testing is necessary.
2. If the child answered **YES** to **TWO OR MORE** of the **OTHER symptoms**, keep your child home for 24 hours. Use the AHS Online Assessment Tool or call Health Link at 811 to determine if testing is necessary. **Your child can return to school once their symptoms go away, as long as it has been at least 24 hours since their symptoms started.**
3. If the child answered **"NO"** to all questions they may attend school.

MY CHILD HAS A PRE-EXISTING CONDITION

Families are asked to contact the school and ensure that their child's pre-existing medical conditions are up to date as changes occur. **A doctors note is not required.**

Information regarding COVID-19 will be updated as required; check for the latest information and links to testing, symptoms and isolation requirements online at alberta.ca/covid19

Reference: 2020 Government of AB, October 29, 2020: Student Illness. <https://bit.ly/3ibM215>