

STAY HOME GUIDE

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL...



Any student with COVID-19 symptoms will be sent home from school.

MY CHILD HAS COVID-19 SYMPTOMS

- Fever
- Cough (new cough/worsening chronic cough)
- Shortness of breath/difficulty breathing (new or worsening)
- Runny Nose
- Sore throat

1. COVID-19 TEST RECOMMENDED

Book an appointment to get tested online alberta.ca/covid19 or call Health Link at 811.

If you tested negative and have no known exposure to COVID-19, you are not legally required to isolate, however AHS and MHPSD ask you to stay home until symptoms resolve, to not infect others. No proof is required for a negative test result.

2. Anyone who has not been tested, and has **COVID-19** symptoms, is **LEGALLY REQUIRED** to **stay home and self isolate** for 10 days from the start of symptoms or until they are gone, whichever is longer.
3. 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.
4. Only individuals that have been directly contacted by AHS and **identified as a "close contact"** are required to quarantine. Contacts of the close contact do not need to quarantine.
5. 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, pain swallowing, and/or stuffy nose
- Headache, muscle and/or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

1. A **COVID-19 test is recommended**, but not required. Once symptoms are gone, the child may return to school.
2. Anyone with **OTHER** symptoms **SHOULD STAY HOME AND minimize contact with others until symptoms are gone**. Students with other symptoms may be sent home from school, at the discretion of the site admin.
3. An individual who has been in contact with someone (parent, sibling, partner, child, etc) that has OTHER symptoms, but has not yet received test results, is **not required to self isolate unless they become symptomatic**.

MY CHILD HAS A PRE-EXISTING CONDITION

Families are asked to contact the school's administrative assistant and ensure that their child's pre-existing medical conditions are up to date at the time of registration or as changes occur. **A doctors note is NOT required.**

1. Any child that has COVID-19 or OTHER symptoms related to allergies or a pre-existing medical conditions **should be tested** at least once before returning to work. Children should have a negative COVID-19 test to confirm that it is not the source of their symptoms and to establish a baseline health status. As long as symptoms **do not change or worsen, the child can attend school.**

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, September 3, 2020: Student Illness. <https://bit.ly/3ibM215>