

Stay at Home Guide

My child is sick. How long do they need to stay home for?

CORE COVID-19 SYMPTOMS

- Fever (at or above 38 C or 100.4 F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat



NOW WHAT?

If your child has one of the core COVID-19 symptoms, they must stay home and do the following before returning to school:

1. Isolate for a minimum of 10 days (or longer if they still have symptoms) **OR**
2. Receive a negative COVID test result **AND** no longer have symptoms.

HOW DO I GET MY CHILD TESTED?

If your child has one or more of the core symptoms we strongly encourage booking a COVID-19 test. This can speed up the return to school process, as the turn-around times for testing are generally faster than the required 10-day isolation period.

Book a testing appointment online with AHS assessment tool (link below) or call Health Link 811.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

ADDITIONAL INFORMATION

- At this time, no official document is required for proof of a negative test result.
- In a family with more than one child, only those with symptoms are required to isolate.
- For more information on what it means to isolate, please visit: <https://www.alberta.ca/isolation.aspx>

OTHER COVID-19 SYMPTOMS

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea, or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)



NOW WHAT?

If your child has one of the other COVID-19 symptoms, do the following before returning to school:

1. A COVID test is recommended. The sick person must stay home and minimize contact with others until symptoms resolve.
2. Once symptom free, they can return to school.

WHAT IF MY CHILD HAS AN EXISTING MEDICAL CONDITION WITH SIMILAR SYMPTOMS?

A student who has allergies or other existing medical conditions that cause similar symptoms must get at least one negative COVID-19 test result before returning to school.

These symptoms would then be their baseline health status. The student can attend school as long as they stay the same.