Stay at Home Guide

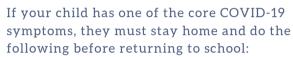


My child is sick. How long do they need to stay home for?

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?



- 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?



- 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.