

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 (continuous, more than usual)
- Shortness of breath (new or worsening)
- Loss of sense of smell or taste



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)
2. Contact Health Link to arrange for testing and to receive additional information on isolation.

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.

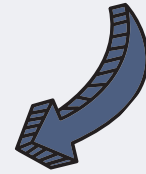
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

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 (without fever)
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Conjunctivitis (pink eye)



NOW WHAT?

If your child has **ONE** of the symptoms listed above:

1. Keep your child home and monitor for 24 hours.
2. If their symptom is **improving** after 24 hours, they can return to school when they feel well enough.
3. If their symptom **does not improve or worsens** after 24 hours, contact Health Link to see if testing is recommended.

If your child has **TWO OR MORE** of the symptoms listed above:

1. Keep your child home.
2. Contact Health Link to see if a test is recommended.
3. 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.

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.