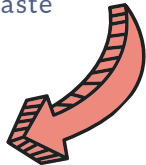


# Stay at Home Guide

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

## CORE COVID-19 SYMPTOMS

- Fever
- Cough
- Shortness of breath
- Loss of sense of smell or taste



## NOW WHAT?

If your child has one of the core COVID-19 symptoms, they must stay home. There are three options before returning to school:

1. Isolate for 10 days if unvaccinated  
(**GRADE 7+ only:** isolate for 5 days if double vaccinated and are able to wear a mask full-time upon return to school) from the onset of symptoms or until they resolve whichever is longer **-or-**
2. Receive two negative rapid tests, with at least 24 hours between tests and symptom-free **-or-**
3. Receive one negative PCR test and symptom-free

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## 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.

## OTHER COVID-19 SYMPTOMS

- Sore throat
- Runny or stuffy nose
- Painful swallowing
- Chills
- Headache
- Muscle or joint aches
- Feeling unwell or fatigue
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- 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 are symptom-free.
3. If their symptom **does not improve or worsens** after 24 hours, use an at-home rapid test if available or the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended.

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

1. Treat it as a Core Symptom and follow the steps to the left.

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## HOUSEHOLD CONTACTS

Is your child a household contact of a case of COVID-19 in the last 14 days?

If you answered "YES" AND they are NOT fully immunized:

- Your child needs to stay home for 14 days from the last day of exposure and be monitored for symptoms.