



COVID-19: STAY AT HOME GUIDE

WHEN DO I KEEP MY CHILD HOME?

BEFORE LEAVING HOME: COMPLETE A DAILY SELF-HEALTH ASSESSMENT

Daily self-screening form available on your school website.

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

CORE COVID-19 SYMPTOMS

- **Fever (38 °C or higher)**
- **Cough (continuous, more than usual)**
- **Shortness of breath/ difficulty breathing (continuous, out of breath, unable to breathe deeply)**
- **Loss of sense of smell or taste**

THIS IS MY CHILD. NOW WHAT?

If your child has one or more of the **Four “Core” COVID-19 Symptoms**, they must do one of the following before they will be allowed to return to school.

1. Stay home and isolate for a minimum of 10 days from when symptoms began.

Isolation requirements are set by the Alberta Government. More information on isolation requirements are available at: www.alberta.ca/isolation.aspx

2. A student can return before 10 days ONLY if they receive a negative COVID-19 test result, AND symptoms are gone, AND they are not a close contact of someone with original or variant COVID-19.

Please Note: Siblings of a child with symptoms can still attend school, unless they too have symptoms, or are a close contact of someone confirmed with original or variant COVID-19.

How do I book a test?

Parents can fill out the **COVID-19 AHS Online Self-Assessment Tool** at: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx> or call Health Link 811.

What if my child tests positive for COVID-19?

AHS will contact you with your child’s test results.

If positive for COVID-19, your child will have to isolate for a minimum of 10 days from the start of symptoms or until they resolve, whichever is longer.

Close contacts of confirmed cases of original or variant COVID-19 are legally required to quarantine and monitor for symptoms.

Quarantine requirements vary dependent on household or non-household close contacts. AHS will direct close contacts on quarantine requirements. Make sure to visit www.alberta.ca/isolation.aspx for more information on quarantine.

OTHER COVID-19 SYMPTOMS

- **chills** (without fever, not related to being outside in cold weather),
- **sore throat/painful swallowing,**
- **runny nose/congestion,**
- **feeling unwell/fatigued, lack of energy,**
- **nausea, vomiting and/or diarrhea,**
- **unexplained loss of appetite,**
- **muscle or joint aches,**
- **headache,**
- **conjunctivitis** (commonly known as pink eye)

THIS IS MY CHILD. NOW WHAT?

If your child has **ONE** of the above “other” symptoms, they can return to school if they are feeling better, as long as it has been at least 24 hours.

Testing is not needed if they only have one of the above “other” symptoms, and it improves after 24 hours.

If they are not getting better, if they get worse or develop another symptom, keep your child home until symptom(s) resolve, use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended.

If a child has TWO or MORE of the above “other” symptoms:

- Keep your child home.
- Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

What if my child has traveled outside of Canada in the last 14 days?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days.

Should Close Contacts be tested?

AHS recommends that all Albertans, including students and staff in schools, who are close contacts be tested twice. The first test should be as soon as possible after receiving notification of the exposure. The second test should occur between Day 10 and 14 of the quarantine period, if the first test is negative. Anyone who develops symptoms should be tested as soon as possible.

More information at: www.wolfcreek.ab.ca/covid-19

For more information on the Government of Alberta COVID-19 measures: www.alberta.ca/covid19