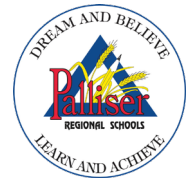


# Stay at Home Guide

## When do I keep my child home?



*It's confusing. When should I keep my child home?*

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the 'should I keep my child home' and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

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

### Core COVID-19 Symptoms

- Fever (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

### *This is my child. Now what?*

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

- 1) Receive a negative COVID-19 test result and no longer be presenting any symptoms, or
- 2) Stay home for a minimum 10 days (or longer if they still have symptoms)

### *How do I get my child tested?*

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

*No official document is required for 'proof' of a negative test result.*

*In a family with more than one child, only the sick child is required to isolate and be tested.*

### Other 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)

### *This is my child. Now what?*

If your child has one of the 'other' illness symptoms above, they must do the following:

- 1) A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.
- 2) Before returning to school, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

### **What does it mean to stay home and self-isolate?**

[www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

### **Take the COVID-19 self-assessment test and book an appointment**

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

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on Sept 4, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

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