Stay at Home Guide
When do I keep my child home?

The visual guide below is for students who attend Kindergarten to Grade 12 to simplify the requirements for public health measures and to understand how 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	Other Symptoms
• Fever (above 38 °C or 100.4°F) • Cough (continuous, more than usual, not related to other known causes or conditions such as asthma) • Shortness of breath (continuous, out of breath, unable to breath deeply, not related to other know causes or conditions such as asthma) • Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)	• Chills • Sore throat/Painful swallowing • Runny nose/congestion • Headache • Muscle or joint aches • Feeling unwell, fatigue or severe exhaustion • Nausea, vomiting, diarrhea or unexplained loss of appetite • Conjunctivitis (pink eye)

This is my child. Now what? (Core COVID-19 Symptoms)

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.

This is my child. Now what? (Other Symptoms)

If your child has at least ONE 'other' symptom, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school when they feel well enough to go. If your child does not improve or worsens after 24 hours, the COVID-19 self-assessment test is recommended.

If your child has TWO OR MORE symptom 'other' symptoms, keep your child home. The COVID-19 self-assessment test is recommended. 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 does it mean to stay home and self-isolate?
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 October 30, 2020 from: https//www.alberta.ca/covid-19-testing-in-alberta.aspx

Learn more by visiting our website: www.pallisersd.ab.ca

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