

# STAY-AT-HOME GUIDE

When do I keep my child at home?



## When should I keep my child home from school?

The new public health measures for COVID-19 mean students and staff who are showing signs of illness must stay home from school. For those asking common questions such as, Should I keep my child home? and How long does my child need to stay home?, we have created a visual guide to help you understand how our schools are making decisions around managing student illness.

### 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 COVID-19 symptoms, they must do the following before returning to school:

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

### How do I get my child tested?

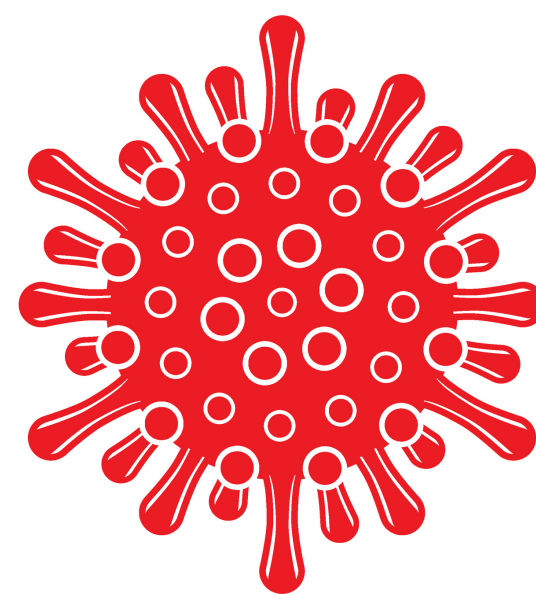
If your child has one or more of the symptoms, Alberta Health Services recommends a COVID-19 test. This will speed up the return-to-school process, as the turn-around times for testing are faster than the required 10-day isolation period.

*In a family with more than one child, only symptomatic individuals are required to isolate and be tested.*

*The Government of Alberta's Order 05-2020 requires any person who is a confirmed case of COVID-19 be in isolation for a minimum of 10 days from the start of their symptoms, or until symptoms resolve, and requires any person entering Alberta after having travelled internationally, or is a close contact of a confirmed case to quarantine for a minimum 14-day period.*

### 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)



## COVID-19 CORONAVIRUS

What does it mean to stay home and self-isolate? Click on this link: **SELF-ISOLATE**

Take the COVID-19 self-assessment test and book an appointment here: **SELF-ASSESSMENT**

Information for this document was taken from the COVID-19 in School (K-12) Settings, Symptoms and Testing. That document can be found here: **ALBERTA**

Learn more by visiting our website: **WWW.LETHSD.AB.CA**