Stay at Home Guide
When do 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 have 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 stay home for?

Core COVID 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 symptoms, they must do the following before returning to school:

1) Receive a negative COVID 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 'core' symptoms we strongly encourage booking them a COVID 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.

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, they must do the following:

1) A COVID 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

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