

# When do I keep my child home?



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

The new public health measures from COVID-19 mean students and staff who are showing any signs of illness, must stay home. 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

### 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 "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 of 10 days (or longer if they still have symptoms)

### 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 and symptoms subside.
2. Utilize the daily screening tool to determine whether they can attend school.

### How do I get a COVID-19 test?

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 is faster than the required 10 day isolation period.

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

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

<https://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>

### Daily Screening Questionnaire

<https://www.alberta.ca/assets/documents/edc-covid-19-screening-questionnaire-english.pdf>

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

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