



Stay at Home Guide

When do I keep my child home?

The information in this visual guide was taken from Alberta COVID-19 links below on January 10, 2022. This guide 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

- 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)

Other Symptoms

- Chills
- Sore throat/Painful swallowing
- Runny nose/congestion
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting, diarrhea
- Unexplained loss of appetite
- Muscle or joint aches
- Headache
- Conjunctivitis (pink eye)

My child has core symptoms or a positive COVID-19 test. Now what?

If your child has ONE or more ‘core’ COVID-19 symptoms above or test positive, they must do the following before returning to school:

- 1) Receive two negative COVID-19 rapid tests taken 24 hours apart **OR** one PCR test result and no longer be presenting any symptoms, **OR**
- 2) Stay home for a minimum of 5 days if they are fully vaccinated or 10 days if not fully vaccinated (or longer if they still have symptoms). If fully vaccinated, and returning before 10 days isolation, a mask must be worn at all times for up to 5 days following isolation when around others in accordance with AHS requirements.

This is my child. Now what?

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, a COVID-19 rapid test is recommended.

If your child has TWO OR MORE ‘other’ symptoms, keep your child home. A COVID-19 rapid 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.

How do I get my child tested?

If your child has one or more ‘core’ COVID-19 symptoms above, we recommend you administer a rapid antigen test. Your school may have provided rapid antigen tests to you, and they are widely available at pharmacies.

No proof of vaccination will be required nor proof of a negative test result. Household contacts of an individual who tests positive for COVID-19 are strongly recommended to quarantine.

What does it mean to stay home and isolate
www.alberta.ca/isolation.aspx

COVID-19 self-assessment
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Alberta Health Daily Checklist
<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>

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