

COVID-19 INFO

STAY AT HOME GUIDE

STEPS TO TAKE IF YOUR CHILD HAS SYMPTOMS



Students with symptoms must not attend school. Keep your child at home. Call Health Link 811 or your child's doctor, and fill out the [AHS Online Assessment Tool](#) to determine if your child should be tested for COVID-19.

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

Call 911 immediately if your child experiences severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

IF A STUDENT HAS THESE CORE SYMPTOMS:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell

WHAT TO DO:

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

I believe my child's symptoms are due to allergies or a pre-existing medical condition.

1. Have your child tested for COVID-19 **at least once** to establish a baseline health status for your child.
2. Make sure the school has a record of any pre-existing conditions.
3. As long as the symptom is always the same and does not get worse, your child can attend school.

IF A STUDENT HAS ONE OF THE FOLLOWING OTHER SYMPTOMS:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Pink eye (Conjunctivitis)

WHAT TO DO:

- Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.
- A COVID-19 test is not required but is available.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.

If a child has any 2 of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:

- COVID-19 test recommended.
- May return to school after symptoms are gone, even without a COVID-19 test or results.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

Source: If A Student Shows Symptoms, retrieved on November 2, 2020 from www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx