

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 YOUR CHILD HAS ANY OF THESE SYMPTOMS:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

NEXT STEPS:

- Call Health Link 811 or your child's doctor, and fill out the [AHS Online Self Assessment](#) to determine if your child should be tested for COVID-19. *(If you are viewing a printed copy of this document, the link is included at the top of the page).*
- Health Link 811 or your child's doctor may direct you to isolate your child for at least 10 days from the start of symptoms, or until they resolve, whichever takes longer.
- In a family with more than one child, only those with symptoms are legally required to isolate.

If your child has symptoms but tests negative for COVID-19:

- If you know your child **had contact** with someone who has COVID-19, they must be isolated from others for a minimum of 14 days (one incubation period) from the last date of exposure. How to isolate: www.alberta.ca/isolation.aspx
- If you know your child **did not have contact** with someone who has COVID-19, they can return to school once their symptoms resolve.

If your child tests positive for COVID-19:

- AHS will provide instructions for your child and the rest of your family.
- You are legally required to isolate your child for a minimum of 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
- Your child can return to school after their isolation ends.

IF YOUR CHILD HAS ANY OF THESE 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, commonly known as pink eye

NEXT STEPS:

- Call Health Link 811 or your child's doctor, and fill out the [AHS Online Self Assessment](#) to determine if your child should be tested for COVID-19. *(If you are viewing a printed copy of this document, the link is included at the top of the page).*
- Keep your child at home. Minimize contact with others.
- Once your child is free of all symptoms, they can return to school. No student with symptoms is allowed in school.

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.

Source: Student Illness, www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx. Retrieved on September 11, 2020.