STAY AT HOME GUIDE: When do I keep my child home?

Use this guide to determine when to keep your child home from school and when it's safe to return

Complete the COVID-19 Alberta Health Daily Checklist with your child every day. The checklist helps determine if it's safe to send your child to school. If your child answers "Yes" to any of the checklist questions, DO NOT send your child to school. Stay home and see the instructions below. If the answer is "No" to all the questions, your child can attend school. Always follow the advice of Alberta Health Services. For more information contact Health Link.

MY CHILD IS:

Sick with Core COVID-19 Symptoms (new or worsening)	Sick with Secondary COVID-19 Symptoms (new or worsening)	A Household Contact of a COVID-19 Case
• fever • cough • shortness of breath • loss of smell or taste	• chills • muscle or joint aches • sore throat • feeling unwell, fatigue • painful swallowing • nausea, vomiting, diarrhea • runny nose • congestion • loss of appetite • headache • pink-eye	• lives with or was in frequent, close or long interatction with a COVID-19 case • sibling, child, guest at case's house

WHAT SHOULD I DO?

1. Isolate your child for at least 10 days from the start of symptoms or until receiving a negative PCR COVID-19 test and child feels better—a legal requirement. 2. Testing for COVID-19 is recommended. Book an appointment through the COVID-19 self-assessment tool. 3. Anyone who tests positive for COVID-19 is asked to contact the school.	1. If the child has ONE symptom stay home and monitor symptom for 24 hours. Only return to school if symptom improves after 24 hours and the child feels well. 2. If the child has TWO or more symptoms, or if the one symptom doesn't improve or worsens, stay home and complete the online COVID-19 self-assessment tool. Do not send your child to school until symptoms resolve. 3. Testing for COVID-19 is recommended. Book an appointment through the COVID-19 self-assessment tool. 4. Anyone who tests positive for COVID-19 is asked to contact the school.	1. If the child is fully immunized, the child can attend school. 2. If the child is NOT fully immunized, they should stay home and not attend school for 14 days from the last day of exposure. 3. All household contacts should monitor for symptoms. If symptoms develop, complete the online COVID-19 self-assessment tool.

WHEN CAN MY CHILD RETURN TO SCHOOL?

• After the 10-day isolation is complete and the child feels better, whichever is longer. OR • After receiving a negative PCR COVID-19 test result—and your child has no known exposure to the virus—and feels better.	• After symptoms resolve, more than 24 hours passed since the onset, and your child is feeling better.	• After 14 days from the last day of exposure—defined as the last day of the household COVID-19 case's isolation period—and the child is sympton free.

WHAT IF MY CHILD HAS SYMPTOMS BECAUSE OF A PRE-EXISTING MEDICAL CONDITION?

If your child has core or secondary COVID-19 symptoms because of a known pre-existing medical condition, such as allergies, they must stay home if there is no record of the condition. Follow the above directions for either primary or secondary COVID-19 symptoms. Alternatively, provide the school with medical documentation of the pre-existing condition and return your child to school.

NOTE: *The Stay at Home Guide is based on the province's guidelines for student illness and is subject to change as additional information about COVID-19 becomes available.*

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