



## My child is sick. How long do they need to stay home for?

### Core COVID-19 Symptoms

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



### Now what?

If your child has one of the core COVID-19 symptoms, they must stay home and do the following before returning to school:

1. Isolate for a minimum of 10 days (or longer if they still have symptoms) OR
2. Receive a negative COVID test result AND no longer have symptoms.

### How do I get my child tested?

If your child has one or more of the core COVID-19 symptoms, we highly encourage booking them a COVID-19 test. Tests can be booked online with the AHS assessment tool or by calling Health Link 811.

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

- At this time, no official document is required for 'proof' of a negative test result.
- In a family with more than one child, only those with symptoms are required to isolate.
- For more information on what it means to isolate, please see: <https://www.alberta.ca/isolation.aspx>

### Other COVID-19 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)



### Now what?

1. A COVID test is recommended, but not required. The sick person **MUST** stay home and minimize contact with others until symptoms resolve.
2. Once symptom free, they can return to school.

### My child has a pre-existing medical condition with similar symptoms...now what?

Your child must get at least one negative COVID-19 test prior to returning to school. These symptoms then become the baseline health status for your child. The student can attend school as long as symptoms remain the same.