

## COVID-19 INFORMATION

# STAY AT HOME GUIDE

### THE BOTTOM LINE

The amount of time a student needs to stay home from school depends on the type of symptom(s).



[psd70.ab.ca](https://psd70.ab.ca)

## WHICH SYMPTOM DOES YOUR CHILD HAVE?



### Does your child have ANY of these symptoms?

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

### Yes, that's my child. Now what?

- **Your child must 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.
  - Your child must not enter any long-term care settings for 10 days and until his/her symptoms have resolved.
- **Your child can return to school before 10 days only if his/her COVID-19 test is negative AND his/her symptoms are gone AND he/she was not a close contact of someone with COVID-19.**
- **If your child's test results are positive for COVID-19, isolate at home for at least 10 days and follow instructions received from Alberta Health Services (AHS).**



### Does your child have ANY of these 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)

### Yes, that's my child. Now what?

- **Keep your child home from school and monitor him/her for 24 hours. If after 24 hours symptoms improve, your child may return to school, if feeling better.**
  - A COVID-19 test is not required.
  - Your child must not enter any long-term care settings for 10 days and until his/her symptoms have resolved.
- **If your child has any two of these symptoms or after 24 hours their condition gets worse or a second symptom develops:**
  - A COVID-19 testing is recommended.
  - Your child may return to school after symptoms are gone, even without a COVID-19 test or results.
  - If test results are positive, isolate at home for at least 10 days and follow instructions received from AHS.



## REMEMBER

**It is the parents' responsibility to screen their child(ren) for symptoms each day before school. Visit [psd70.ab.ca](https://psd70.ab.ca) and click on the COVID-19 quick link to complete the AHS Daily Checklist.**

**Close Contact:**  
**If your child is determined to be a close contact of a case of COVID-19, you will be notified and will be legally required to self-isolate your child for 14 days.**