

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).



PARKLAND
SCHOOL DIVISION

psd.ca

WHICH SYMPTOM DOES YOUR CHILD HAVE?



Does your child have ANY of these new or worsening 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** receive a negative COVID-19 test and feel better before returning to activities.
- 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 new or worsening symptoms?

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle or joint aches
- Headache
- 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.
- **If your child has any two of the above symptoms or after 24 hours his/her condition gets worse or a second symptom develops:**
 - ▶ Use the AHS Online Assessment Tool to see if 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 psd.ca and click on the [COVID-19 quick link](#) to complete the AHS Daily Checklist.

Close Contact: If your child is deemed a close contact of a positive COVID-19 case, he/she will not be required to isolate unless his/her own symptoms present.