

# STAY AT HOME GUIDE

### FOR CHILDREN UNDER 18



PARKLAND  
SCHOOL DIVISION

## Monitor your child's symptom(s)

- If your child is sick, he/she should stay home until they feel better.
- Refer to the [Alberta Health Daily Checklist](#) for complete instructions.

## Core symptoms (under 18)

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

**You are legally required to self-isolate your child if he/she exhibits any of the core symptoms of COVID-19.**

## Other symptoms (under 18)

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Conjunctivitis (pink eye)

**1 symptom:** Stay home for 24 hours, get tested if symptoms don't improve.

**2+ symptoms:** Get tested and stay home until well or test is negative.

## At-Home Rapid Testing

**Albertans who do not meet the high-risk exceptions are not required to book a PCR test if they get a positive result from a rapid antigen test. Please refer to [alberta.ca](#) for current [rapid testing at home information](#).**

### + POSITIVE WITH SYMPTOMS +

- **Isolate immediately**  
**Fully vaccinated:** 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.  
**Not fully vaccinated:** 10 days or until symptoms resolve, whichever is longer.
- **Do not continue rapid testing.**
- **Book a PCR test, if eligible.**

### + POSITIVE NO SYMPTOMS +

- **Isolate immediately**
- **Take second rapid test in 24 hours:**
  - **If negative**, isolation can end unless you develop symptoms.
  - **If positive**, continue isolating and book a PCR test, if eligible.

### - NEGATIVE WITH SYMPTOMS -

- **Isolate for 24 hours**
- **Take second rapid test in 24 hours:**
  - **If negative**, continue isolating until symptoms resolve before cautiously resuming normal activities.
  - **If positive**, continue isolating:  
**Fully vaccinated:** 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.  
**Not fully vaccinated:** 10 days or until symptoms resolve, whichever is longer.

### - NEGATIVE NO SYMPTOMS -

- **A negative result does not rule out infection.** Isolation is not required but continue monitoring symptoms and following all public health guidelines.



## REMEMBER:

**It is a parent's responsibility to screen their child for symptoms each day before school. Refer to the [Alberta Health Daily Checklist](#) for instructions.**



## STAY INFORMED

**Visit [psd.ca](#) for current COVID-19 information from the Division.**

Scan this code for  
Alberta's symptoms  
and testing info.

