

COVID-19: STAY AT HOME GUIDE

WHEN DO I KEEP MY CHILD HOME?

With new public health measures for COVID-19, and ongoing cooperation to keep everyone safe and healthy at school, anyone showing any signs of illness must stay home from school. The following guide is intended to help you understand how our schools are making decisions to manage student illness.

BEFORE LEAVING HOME: COMPLETE A DAILY SELF-HEALTH ASSESSMENT

Daily self-screening form available on your school website.

If sick or have COVID-19 symptoms, you CANNOT attend school.

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

CORE COVID-19 SYMPTOMS

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

THIS IS MY CHILD. NOW WHAT?

If your child has one or more of the **Five Core Symptoms**, they must do one of the following before they will be allowed to return to school.

1. Stay home and isolate for a minimum of 10 days or until COVID-19 symptoms are gone, whichever is longer.
2. Receive a negative COVID-19 test result and no longer have symptoms of COVID-19.

Please Note: Only symptomatic students will have to stay home. Those not presenting any symptoms can remain at school, including any siblings of the symptomatic child.

HOW DO I GET MY CHILD TESTED?

If your child has one or more of the 'core' symptoms for COVID-19 we encourage you book a test for COVID-19. This could speed up the return to school, if negative for COVID-19 and if symptoms resolve.

Parents can call Health Link 811 or their primary health care practitioner, and fill out the **COVID-19 AHS Online Self-Assessment Tool** at:
www.alberta.ca/covid-19-testing-in-alberta.aspx

Only symptomatic students need to be tested. Siblings and parents/guardians are not required to be tested, unless they too develop symptoms.

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 (commonly known as pink eye)*

THIS IS MY CHILD. NOW WHAT?

If your child has one or more of these other symptoms, they must do the following before they will be allowed to return to school.

1. The sick student must stay home and minimize contact with others until they feel better.
2. They must be completely free of all illness symptoms.

What does it mean to stay home and isolate?

Isolation requirements are set by the Alberta Government. More information on isolation requirements are available at:
www.alberta.ca/isolation.aspx

What if they test positive for COVID-19?

AHS will contact you with your child's test results. Close contacts of confirmed cases (siblings, parents/guardians) are legally required to isolate for 14 days and monitor for symptoms.

AHS will work with the school and Division on contact tracing. Continued learning will be supported for students in self-isolation.

More information at: www.wolfcreek.ab.ca/covid-19

For more information on the Government of Alberta COVID-19 measures: www.alberta.ca/covid19