



# STAY AT HOME GUIDE: When do I keep my child home?

Use this guide to determine when to keep your child home from school and when it's safe to return—refer to the Alberta Health Daily Checklist for students 18 and older.

Complete the COVID-19 Alberta Health Daily Checklist with your child every day. The checklist helps determine if it's safe to send your child to school. If your child answers "Yes" to any of the checklist questions, DO NOT send your child to school. Stay home and see the instructions below. If the answer is "No" to all the questions, your child can attend school. Always follow the advice of Alberta Health Services. For more information contact [Health Link](#).

## MY CHILD IS:

<p><b>Sick with Core COVID-19 Symptoms (new or worsening)</b></p> <ul style="list-style-type: none"> <li>• fever (38 C or higher)</li> <li>• cough</li> <li>• shortness of breath</li> <li>• loss of smell or taste</li> </ul>	<p><b>Sick with Secondary COVID-19 Symptoms (new or worsening)</b></p> <ul style="list-style-type: none"> <li>• chills</li> <li>• muscle or joint aches</li> <li>• sore throat</li> <li>• feeling unwell, fatigue</li> <li>• nausea, vomiting, diarrhoea</li> <li>• runny nose</li> <li>• loss of appetite</li> <li>• pink-eye</li> <li>• headache</li> </ul>	<p><b>A Household Contact of a COVID-19 Case</b></p> <ul style="list-style-type: none"> <li>• lives with or was in frequent, close or long interaction with a COVID-19 case</li> <li>• sibling, child, guest at case's house</li> </ul>
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## WHAT SHOULD I DO?

<p>Isolate your child and use an at-home rapid test.</p> <ul style="list-style-type: none"> <li>• If the child receives a negative PCR or two negative at-home rapid test results, with 24 hours between, isolate until symptoms resolve.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child receives a positive result or no test was taken:             <ul style="list-style-type: none"> <li>» Fully immunized children must isolate for five days from the onset of symptoms or until they resolve, whichever is longer.</li> <li>» Not fully immunized children must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer.</li> </ul> </li> <li>• Notify the school or Division to ensure proper reporting and public-health protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child is fully immunized and symptom free, the child can attend school.</li> <li>• If the child is not fully immunized, they should stay home and not attend school for 14 days from the last day of exposure.</li> <li>• All household contacts should monitor for symptoms. If symptoms develop, isolate and complete the <a href="#">COVID-19 self-assessment tool</a>.</li> </ul>
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## WHEN CAN MY CHILD RETURN TO SCHOOL?

<ul style="list-style-type: none"> <li>• If the child has <i>ONE</i> symptom, they can return after the symptom improves and more than 24 hours passed since the onset.</li> <li>• If the child has <i>TWO</i> or more symptoms and tests negative for COVID-19, the child can return to school when symptoms resolve.</li> <li>• Follow the instructions on the left column if the child tests positive for COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child tests negative for COVID-19—one PCR or two at-home rapid tests, within at least 24 hours—they can return when symptoms resolve.</li> <li>• If the child tests positive and is fully immunized, they can return after the five-day isolation and symptoms resolve, whichever is longer. However, the child must wear a mask for five days at all times when at school—no exceptions.</li> <li>• If the child tests positive and is not fully immunized, they can return after the 10-day isolation and symptoms resolve, whichever is longer.</li> </ul>	<ul style="list-style-type: none"> <li>• The child can return to school after 14 days from the last day of exposure—defined as the last day of household COVID-19 case's isolation period—and the child is symptom free.</li> </ul>
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## WHAT IF MY CHILD HAS SYMPTOMS BECAUSE OF A PRE-EXISTING MEDICAL CONDITION?

If your child has core or secondary COVID-19 symptoms because of a known pre-existing medical condition, such as allergies, they must stay home if there is no record of the condition. Follow the above directions for either primary or secondary COVID-19 symptoms. Alternatively, provide the school with medical documentation of the pre-existing condition and return your child to school.

NOTE: Symptoms resolve means symptoms improved and no fever for 24 hours, without the use of fever-reducing medication. *The Stay-at-Home Guide is based on the province's guidelines for student illness and is subject to change as information about COVID-19 becomes available.*