

Stay at Home Guide

When do I keep my child home?



The visual guide below is for students who attend Kindergarten to Grade 12 to simplify the requirements for public health measures and to understand how schools are making decisions around managing student illness.

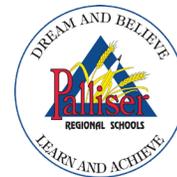
My child is sick. How long do they need to stay home for?

Core COVID-19 Symptoms	Other Symptoms
<ul style="list-style-type: none">• Fever (above 38 °C or 100.4°F)• Cough (continuous, more than usual, not related to other known causes or conditions such as asthma)• Shortness of breath (continuous, out of breath, unable to breath deeply, not related to other know causes or conditions such as asthma)• Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)	<ul style="list-style-type: none">• Chills• Sore throat/Painful swallowing• Runny nose/congestion• 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 (pink eye)
<h4><i>This is my child. Now what?</i></h4>	<h4><i>This is my child. Now what?</i></h4>
<p>If your child has one of the 'core' COVID-19 symptoms above, they must do the following before returning to school:</p> <ol style="list-style-type: none">1) Receive a negative COVID-19 test result and no longer be presenting any symptoms, or2) Stay home for a minimum 10 days (or longer if they still have symptoms)	<p>If your child has at least ONE 'other' symptom, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school when they feel well enough to go. If your child does not improve or worsens after 24 hours, the COVID-19 self-assessment test is recommended.</p> <p>If your child has TWO OR MORE symptom 'other' symptoms, keep your child home. The COVID-19 self-assessment test is recommended. Your child can return to school once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</p>
<h4><i>How do I get my child tested?</i></h4>	
<p>If your child has one or more of the COVID-19 symptoms above we strongly encourage booking them a COVID-19 Test. This will speed up the return to school process, as the turn-around time for testing are faster than the required 10 day isolation period.</p> <p><i>No official document is required for 'proof' of a negative test result. In a family with more than one child, only the sick child is required to isolate and be tested.</i></p>	<p>What does it mean to stay home and self-isolate? www.alberta.ca/isolation.aspx</p> <p>Take the COVID-19 self-assessment test and book an appointment https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx</p>

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on October 30, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Learn more by visiting our website: www.pallisersd.ab.ca

Responding to Illness for Adults 18 years and Older



This visual guide below is intended to clarify current health requirements depending on the symptoms (see [symptoms](#) and [isolation guidelines](#)).

Core COVID-19 Symptoms

- Fever (above 38 °C or 100.4°F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Requirements for 'Core' Symptoms

If any individual has one of the 'Core' COVID-19 symptoms above, they must do the following before returning to school or work:

- 1) Receive a negative COVID-19 test result and no longer be presenting any symptoms

OR

- 2) Stay home for a minimum of 10 days (or longer if they still have symptoms)

Other 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 (pink eye)

Requirements for 'Other' Symptoms

If any individual has one of the 'Other' illness symptoms above, they must do the following:

- 1) A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.
- 2) Before returning to school or work, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

You Have To Self-Isolate If:

- you test positive for COVID-19.
- you have any symptoms listed in the 'Core' or 'Other' symptoms above (please note the different requirements for each set of symptoms).
- you have been in contact in the last 14 days with someone known to have COVID-19. **AHS will inform close contacts directly.**
- you travelled outside Canada within the last 14 days.

You Do Not Have To Self-Isolate If:

- you have **not** been exposed to someone known to have COVID-19 and you have not travelled outside of Canada within the last 14 days.
- you have tested negative for COVID-19 and have no symptoms of illness.
- you have symptoms of illness that **are related** to a pre-existing illness or health condition, and are not new.
- you are waiting for results and you did not have symptoms when you were tested and do not have any now.
- you are in contact with someone who has symptoms but IS NOT a case of COVID-19.