

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

Core COVID-19 Symptoms

- Fever
- Cough (new cough or worsening cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore Throat



Now What?

If your child has one of the core COVID-19 symptoms, they must stay home and do the following before returning to school:

1. Isolate for a minimum of 10 days (or longer if they still have symptoms) OR
2. Receive a negative COVID test result AND no longer have symptoms.

How do I get my child tested?

If your child has one or more of the core COVID-19 symptoms, we highly encourage booking them a COVID-19 test. Tests can be booked online with the AHS assessment tool or by calling Health Link 811.

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

- At this time, no official document is required for "proof" of a negative test result.
- In a family with more than one child, only those with symptoms are required to isolate.
- For more information on what it means to isolate, please see <https://www.alberta.ca/isolation.aspx>

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 (pink eye)



Now what?

1. A COVID test is recommended, but not required. The sick person MUST stay home and minimize contact with others until symptoms resolve.
2. Once symptom free, they can return to school.

My child has a pre-existing medical condition with similar symptoms - Now what?

Your child must get at least one negative COVID-19 test prior to returning to school. These symptoms then become the baseline health status for your child. The student can attend school as long as symptoms remain the same.

Information for this document was taken from COVID-19 Information: Student Illness. Retrieved Sept. 14, 2020. Adapted from Grand Prairie Public School Division. Please see the [GSACRD Parent Guidebook](#) for more information.