

COVID-19 INFORMATION – HOW LONG TO STAY HOME FROM SCHOOL

This summary, based on the October 2020 Government of Alberta update, [COVID-19 Symptoms – Student illness](#), provides further clarity to parents about the 'isolation' period or 'stay home' period if a child has presenting symptoms.

It is still expected that parents complete [Alberta Health's Daily Checklist](#), each day, before sending you child to school.

If a student has these symptoms:

- Fever (temperature of 38°C or higher)
- Cough (continuous, more than usual, not related to other known causes or conditions such as asthma)
- Shortness of breath
- Loss of sense of smell or taste (not related to other known causes or conditions)

What to do:

- The child is to isolate for 10 days from the start of symptoms.
- Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

Your child may return to school:

- Once the 10-day [isolation](#) is complete and symptoms have resolved
- OR**
- When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.

Other symptoms:

- 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)

One of these other symptoms:

- Keep your child at home and monitor for 24 hours.
- If the symptom improves after 24 hours, your child can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

Two or more of these other symptoms:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

