

This summary, based on the September 2020 Government of Alberta update, [COVID-19 Symptom-Student illness](#), provides further clarity to parents about the ‘isolation’ period or ‘stay home and minimize contact with others’ period if a child has presenting symptoms.

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

### My child has COVID-19 symptoms. How long must my child stay home?

#### If my child has any of these core COVID-19 symptoms:

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

#### What should I do next?

1. Complete AHS’ [Online Self-Assessment Tool](#) and call 811.
2. You are legally required to have your child isolate for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer.
3. It is strongly recommended that your child be tested for COVID-19.

#### When can my child return to school?

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.

#### If my child has any of these (secondary) 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)

#### What should I do next?

1. Complete AHS’ [Online Self-Assessment Tool](#) and call 811.
2. Keep your child home from school and minimize your child’s contact with others until symptoms resolve.
3. It is recommended that your child be tested for COVID-19.

#### When can my child return to school?

Your child may return to school once symptoms have resolved and your child is feeling better.

Please see Alberta’s [COVID-19 Symptom-Student illness](#) document for information regarding pre-existing conditions.