



# 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

Complete the [COVID-19 Screening Questionnaire](#) with your child every day. The questionnaire will help determine if it's safe to send your child to school. If the answer is "Yes" to any of the questionnaire 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.

## MY CHILD IS SICK WITH:

### Primary COVID-19 Symptoms

- fever
- cough--new cough or worsening
- shortness of breath or difficulty breathing
- runny nose
- sore throat

### Secondary COVID-19 Symptoms:

- chills
- feeling unwell, fatigue, severe exhaustion
- painful swallowing
- nausea, vomiting, diarrhea, loss of appetite
- stuffy nose
- loss of smell or taste
- headache
- pink-eye
- muscle or joint aches

## WHAT SHOULD I DO?

1. Complete the online [COVID-19 self-assessment tool](#) or call [Health Link 811](#).
2. Isolate your child for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer—a legal requirement.
3. Testing for COVID-19 is recommended. Book an appointment through the [COVID-19 self-assessment tool](#).

1. Complete the online [COVID-19 self-assessment tool](#) or call [Health Link 811](#).
2. Do not send your child to school until symptoms resolve.
3. Testing for COVID-19 is recommended. Book an appointment through the [COVID-19 self-assessment tool](#).

## WHEN CAN MY CHILD RETURN TO SCHOOL?

- After the 10-day isolation is complete, and symptoms resolve, whichever is longer. OR
- After receiving a negative COVID-19 test result—and you child has no known exposure to the virus—and symptoms resolve.

- After symptoms resolve and your child is feeling better.

## WHAT IF MY CHILD HAS SYMPTOMS BECAUSE OF A PRE-EXISTING MEDICAL CONDITION?

If your child has primary 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: The Stay at Home Guide is based on the province's guidelines for [Student Illness](#). Information contained within this guide is subject to change as additional information about COVID-19 becomes available.