When do I keep my child home?

horizon
school division

Updated Guidelines for those under 18 years of age.

This guide was created to assist parents with making decisions around when to keep their sick children home from school. The guidelines below take effect November 2, 2020.

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

Core COVID-19 symptoms	Other Symptoms (Not related to other known causes or conditions)
- Fever (above 38 ^{0}C or 100.4 ^{0}F) - Cough (Continuous, more than usual, not related to other known causes or conditions) - Shortness of breath (Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions) - Loss of sense of smell or taste (Not related to other known causes or conditions)	- Chills - Sore throat, painful swallowing - Runny nose - Headache - Muscle or joint aches - Feeling unwell, fatigue or severe exhaustion - Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite) - Conjunctivitis (pink eye)
This is my child. Now what?	**This is my child. Now what?**
If your child has one of the "core" COVID-19 symptoms above, they must do the following before returning to school. 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)	If you child has one of the "other" illness symptoms above, they must do the following: 1. Keep your child home and monitor for 24 hours 2. If their symptoms improve after 24 hours, they can return to school when they feel well enough. (Test is not required. 3. If the symptom does not improve or worsens, use the online assessment tool or call 811 to determine if a COVID-19 test is needed. If your child has 2 of the above symptoms: 1. Keep your child home 2. Use the online assessment tool or call 811 to determine if testing is required 3. Your child can return to school once their symptoms are gone as long as it has been 24 hrs since their symptoms started.
How do I get a COVID-19 test?	**What does it mean to stay home and self-isolate** https://www.alberta.ca/isolation.aspx
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 is faster than the required 10 day isolation period. - No official document is required for "proof" of a negative test result. - In a family with multiple children, only the sick child is required to be isolated and tested	**Take the COVID-19 self-assessment test and book an appointment** https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx **Daily Screening Questionnaire** https://www.alberta.ca/assets/documents/edc-covid-19-screening-questionaire-english.pdf

This guide was updated on October 30, 2020 based on infomraiotn received from: COVID-19 Alberta Health Daily Checklist (for children under 19) Information for the creation of this document was taken from: COVID-19 in schools (K-12) settings. Retrieved on Sept 4, 2020 from: https://www.alberta.ca/covid-19-testing-in-alberta.aspx

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