# Stay at Home Guide
## When do I keep my child home?

St. Paul Education

Alberta Health Services has recently divided the COVID-19 symptoms into two categories: CORE and OTHER. There are different instructions for each category.

## 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

## Other COVID-19 Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Loss of sense of smell or taste
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea, or unexplained loss of appetite)
- Headache
- Muscle or joint aches
- Conjunctivitis (pink eye)

AHS recommends testing for any COVID-19 symptom.
Book a testing appointment online with the AHS assessment tool  COVID-19 Self-Assessment or call Health Link 811.

If your child has any of the above CORE symptoms, your child is legally required to stay home for a minimum of 10 days from the start of the symptoms, or until symptoms resolve, whichever takes longer.

If your child has any of the above OTHER symptoms, your child must stay home and minimize contact with others. Your child can return to school when he or she no longer has symptoms.

## Isolation Requirements

**If you get your child tested for either a CORE or OTHER symptom, and he/she tested negative and has NO KNOWN exposure** (and has not been identified as a close contact of a person who tested positive for COVID-19), he or she is not required to isolate. Your child can return to school when he or she no longer has symptoms. This could occur before the minimum 10 days have passed.

**If your child has KNOWN exposure to COVID-19 (or is identified as a close contact of a person who tested positive for COVID-19)**, he or she is legally required to quarantine for 14 days from the last date of the exposure (close contact) regardless if they tested negatively. **If your child becomes sick with cough, fever, shortness of breath, runny nose or sore throat (core symptoms) during this 14 day period**, he or she must isolate for an additional 10 days from the beginning of symptoms or until he or she is feeling well, whichever takes longer.

**What if someone in my house (or someone my child has been in contact with) has symptoms or tests positive for COVID-19?**
- Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.
- Only the people identified as close contacts of an individual who is a positive case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

**What does it mean to stay home and self-isolate?** www.alberta.ca/isolation.aspx

## Pre-Existing Medical Conditions

If your child has symptoms related to allergies or a pre-existing medical condition he or she should be tested at least once before returning to school and have a negative COVID-19 test.These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.Talk to your school about your child's pre-existing condition. The school is required to keep a confidential record of the condition.

*Information for the creation of this document was taken from Student illness - If a student has Covid-19 symptoms. Retrieved on September 15, 2020 from https://open.alberta.ca/publications/covid-19-information-student-illness-if-a-student-has-covid-19-symptoms*

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