

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

It's confusing. When should I keep my child home?

This information applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing the Alberta Health Daily Checklist (for children under 18) before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete the screening tool.

My child traveled outside of Canada, now what?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.

My child had close contact with a case of COVID-19 in the last 14 days, how do I respond?

Close contact is face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging. If your child had close contact with a case of COVID-19 in the last 14 days, your child is required to quarantine for 14 days from the last day of exposure. If your child develops symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

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

Core Covid-19 Symptoms

- Fever (above 38C or 100.4 F)
- Cough (new or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)

This is my child. Now what?

If your child has one of the **core COVID symptoms**, they are required to isolate for 10 days from when their symptoms started. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If your child does not have any of the core COVID symptoms, proceed to the "other symptoms" information below.

Other Symptoms

- Chills
- Painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Conjunctivitis (pink eye)

This is my child. Now what?

If your child has one of the **other symptoms**, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they 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. **If your child has TWO OR MORE of the other symptoms**, keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is required. 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.

