

COVID-19 INFORMATION

Stay at Home Guide

A resource to help parents understand when they should keep their child home from school and when it's safe to return to class.



This is a summary of the Alberta Government guidance document titled "Student Illness"
<https://open.alberta.ca/publications/covid-19-information-student-illness-if-a-student-has-covid-19-symptoms>

Most importantly: Students with symptoms **must not attend school**



DAILY HEALTH CHECK

You must screen your child for symptoms each day before school.

The Daily Health Check screening tool is available at www.pembinahills.ca

How long do students have to stay home?

If your child has ANY of these symptoms:

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

Here's what you need to do

You are **legally** required to have your child isolate for **at least 10 days** from the start of their symptoms or until they resolve, whichever is longer.

Returning to school

- Your child may return to school:
- once the 10-day isolation is complete **OR**
 - when your child has received a negative COVID-19 test result **AND** symptoms have resolved.

TIP - If your child gets tested for COVID-19, the quickest way to receive results is by **text message**.

If your child has ANY of these 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)

Here's what you need to do

You must keep your child home from school until symptoms resolve. You should also minimize their contact with others until symptoms resolve.

Returning to school

Your child may return to school once symptoms have resolved. There is no need to get a COVID-19 test.