

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

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

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the '**should I keep my child home**' and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

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)
- Runny nose
- Sore throat

This is my child. Now what?

If your child has one of the **core COVID symptoms**, they must do the following before returning to school:

- 1) Receive a negative COVID test result and no longer be presenting any symptoms, or
- 2) Stay home for a minimum 10 days (or longer if they still have symptoms).

Other Symptoms

- 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)

This is my child. Now what?

If your child has one of the '**other illness symptoms**', they must do the following:

- 1) A COVID test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.

- 2) Before returning to school, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

How do I get my child tested?

If your child has one or more of the 'core' symptoms we strongly encourage booking them a COVID test. This will speed up the return to school process, as the turn around times for testing are faster than the required 10 day isolation period.

**No official document is required for 'proof' of a negative test result. In a family with more than one child, only the sick child is required to isolate and be tested.*

What about pre-existing medical conditions?

A student who has allergies or other pre-existing medical conditions that cause similar symptoms must get at least one negative COVID-19 test result before returning to school. These symptoms would then be their baseline health status. The student can attend school as long as they stay the same.

What does it mean to stay home and self isolate?

Visit www.alberta.ca/isolation.aspx to learn about how to self-isolate.

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on September 9, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>. Adapted from Prairie Rose School Division and Grande Prairie Public School Division.



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