

# Stay at Home Guide

When do I keep my child at home?

**Evergreen Catholic Schools**  
EVER GROWING, LEARNING, AND LIVING IN CHRIST



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

The updated new public health measures for COVID-19 (August 13, 2021) mean students and staff who are showing signs of illness, must continue to 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. **A reminder that it is also the parents' responsibility to screen their child(ren) for symptoms each day before school. The screening questionnaire is located [HERE](#)**

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

### Core COVID-19 Symptoms

- **Fever** (above 38 C or 100.4 F)
- **Cough** (continuous, more than usual, not related to other known causes or conditions such as asthma)
- **Shortness of breath** (continuous, out of breath, unable to breathe deeply, not related to other causes or conditions such as asthma)
- **Loss of sense of smell or taste** (not related to other known causes like allergies or neurological disorders)

### Other Symptoms

- Chills
- Sore Throat/Painful Swallowing
- Runny Nose/Congestion
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle or joint aches
- Headache
- Conjunctivitis (pink eye)

### This is my child. Now what?

If your child has any of the core COVID-19 symptoms, they must do the following before returning to school:

1. Legally required to isolate for a minimum 10 days (or longer if they still have symptoms), **OR**
2. Receive a negative COVID test and no longer have symptoms.

### This is my child. Now what?

1. If they have **ONE** symptom above, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school. Testing not necessary.
2. If they have **TWO** or more symptoms above or **ONE** symptom persists or worsens, keep your child home, until symptom(s) resolve. Testing is recommended but not required.

### 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-19 test.

**Book a testing appointment online with [AHS assessment tool](#) or call Health Link 811.**

### What if my child has a pre-existing medical condition with similar symptoms?

Parents/Guardians of a student who has allergies or other pre-existing medical conditions that may cause similar symptoms should speak with school administration. These symptoms would then be their baseline health status. The student may attend school as long as regular symptoms stay the same.

- *No official document is required for 'proof' of a negative test result.*

### What does it mean to stay home and self-isolate?

[www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

Information for the creation of this document was taken from: [Guidance for Respiratory Illness Prevention and Management in Schools](#).

*Adapted from Prairie Rose School Division*