



# STAY AT HOME GUIDE: For EIPS families

Use this guide to determine when to keep your child home from school and when it's safe to return—refer to the Alberta Health Daily Checklist for students 18 and older.

Complete the COVID-19 [Alberta Health Daily Checklist](#) with your child every day. The checklist helps determine if it's safe to send your child to school. If your child answers "Yes" to any of the checklist questions, DO NOT send your child to school. Stay home and see the instructions below. If the answer is "No" to all the questions, your child can attend school. Always follow the advice of Alberta Health Services. For more information contact [Health Link](#).

## MY CHILD IS:

<b>Sick with Core COVID-19 Symptoms (new or worsening)</b> <ul style="list-style-type: none"> <li>• fever (38 C or higher)</li> <li>• cough</li> <li>• shortness of breath</li> <li>• loss of smell or taste</li> </ul>	<b>Sick with Secondary COVID-19 Symptoms (new or worsening)</b> <ul style="list-style-type: none"> <li>• chills</li> <li>• sore throat</li> <li>• painful swallowing</li> <li>• runny nose</li> <li>• congestion</li> <li>• headache</li> <li>• muscle or joint aches</li> <li>• feeling unwell, fatigue</li> <li>• nausea, vomiting, diarrhea</li> <li>• loss of appetite</li> <li>• pink-eye</li> </ul>	<b>A Household Contact of a COVID-19 Case</b> <ul style="list-style-type: none"> <li>• lives with or was in frequent, close or long interaction with a COVID-19 case</li> <li>• sibling, child, guest at case's house</li> </ul>
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## WHAT SHOULD I DO?

<b>Isolate your child and use an <a href="#">at-home rapid test</a>.</b> <ul style="list-style-type: none"> <li>• If the child receives a negative PCR or two negative at-home rapid test results, with 24 hours between, isolate until symptoms resolve.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child has <i>ONE</i> symptom, they have to stay home and monitor the symptom for 24 hours. The child can only return to school if the symptom improves after 24 hours—consider using an <a href="#">at-home rapid test</a>.</li> </ul>	<ul style="list-style-type: none"> <li>• If <i>fully immunized and symptom free</i>, the child can attend school.</li> </ul>
<ul style="list-style-type: none"> <li>• If the child receives a positive result or no test was taken:           <ul style="list-style-type: none"> <li>» <i>Fully immunized</i> children must isolate for five days from the onset of symptoms or until they resolve, whichever is longer.</li> <li>» <i>Not fully immunized</i> children must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer.</li> <li>» Notify the school to ensure proper reporting and public-health protocols.</li> <li>» Notify all <a href="#">close contacts</a> from the previous 48 hours.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If the child has <i>TWO</i> or more symptoms, or if the one symptom doesn't improve or worsens, stay home and use an <a href="#">at-home rapid test</a>. Do not send your child to school until symptoms resolve.</li> <li>• Follow the instructions on the left column if the child tests positive for COVID-19.</li> <li>• Notify the school to ensure proper reporting and public-health protocols.</li> <li>• Notify all <a href="#">close contacts</a> from the previous 48 hours.</li> </ul>	<ul style="list-style-type: none"> <li>• If <i>not fully immunized</i>:           <ul style="list-style-type: none"> <li>» The child should stay home and not attend school for 14 days from the last day of exposure. <i>OR</i></li> <li>» If the child had COVID-19 within the last 90 days, they can attend school, as long as they're symptom free.</li> </ul> </li> <li>• All household contacts should monitor for symptoms. If symptoms develop, isolate and complete the <a href="#">COVID-19 self-assessment tool</a>.</li> </ul>

## WHEN CAN MY CHILD RETURN TO SCHOOL?

<ul style="list-style-type: none"> <li>• If the child tests negative for COVID-19—one PCR or two at-home rapid tests, within at least 24 hours—they can return when symptoms resolve.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child has <i>ONE</i> symptom, they can return after the symptom improves and more than 24 hours passed since the onset.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child is <i>fully immunized and symptom free</i>, the child can attend school.</li> </ul>
<ul style="list-style-type: none"> <li>• If the child tests positive and is <i>fully immunized</i>, they can return after the five-day isolation and symptoms resolve, whichever is longer. However, the child must wear a mask for five days at all times when at school—no exceptions.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child has <i>TWO</i> or more symptoms and tests negative for COVID-19, the child can return to school when symptoms resolve.</li> </ul>	<ul style="list-style-type: none"> <li>• If the child is <i>not fully immunized</i>, they can return to school after 14 days from the last day of exposure and the child is symptom free.</li> </ul>
<ul style="list-style-type: none"> <li>• If the child tests positive and is <i>not fully immunized</i>, they can return after the 10-day isolation and symptoms resolve, whichever is longer.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow the instructions on the left column if the child tests positive for COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>» If the child lives with the positive case their 14-day isolation starts the next day after the COVID-19 case's isolation ends.</li> </ul>

## WHAT IF MY CHILD HAS NO SYMPTOMS BUT TESTED POSITIVE FOR COVID-19 ON A RAPID TEST?

The child must stay home and isolate immediately. After 24 hours pass from the first test, take a second [at-home rapid test](#). If it's positive, the child should continue to isolate and then follow the instructions above. If the test is negative, the child can return to school, as long as they remain asymptomatic.

NOTE: Symptoms resolve means symptoms improved and no fever for 24 hours, without the use of fever-reducing medication. The Stay-at-Home Guide is based on the province's [COVID-19 Alberta Health Daily Checklist](#) and is subject to change as information becomes available.