

COVID-19 guide for parents of children going to school or childcare - children with symptoms part 1

Your child has one or more of these COVID-19 symptoms that are new, getting worse or not related to other known causes:



- fever
- cough
- shortness of breath
- loss of sense of smell or taste

Note: Chronic symptoms that can be explained by a pre-existing medical condition (such as allergies) are considered as part of your child's baseline health.

As long as these symptoms don't change, your child can go to school or childcare. Your child should have one negative COVID-19 test to set this baseline.

Advice

A COVID-19 test is recommended

Testing

Decide if your child will get a test for COVID-19

Yes

No

Do:

Book a COVID-19 test for your child

- Online: ahs.ca/testing
- By phone: Call Health Link at 811



Try to book your child's test within 24 hours of the start of symptoms

Do:

Go to the COVID-19 test with your child

OR

Before you have your child's test result

Test Result

Do:

Get your child's COVID-19 test result



It may take 1 to 3 days to get your child's test result

- If your child tests positive for COVID-19, someone from AHS will contact you
- Go to ahs.ca/results for more information about getting your child's COVID-19 test result



Positive Test Result



Negative Test Result

Next Steps

What to do

Your child **must** stay home and [isolate](#) for at least **10 days from the start of symptoms**.

Go to ahs.ca/isolation for more information.

[Household contacts](#) of your child who are **not** fully immunized should [stay home](#) for 14 days from the last time they had close contact with your child.

[Household contacts](#) of your child who **are** fully immunized are not required to stay home as long as they have no COVID-19 symptoms.

What to do

Your child is no longer legally required to isolate, but should stay home from school, childcare and other public spaces until they feel better.

If your child has been exposed to someone with COVID-19 go to ahs.ca/infoforclosecontacts.

[Household contacts](#) of your child are **not** required to stay home as long as they have no COVID-19 symptoms.

What to do

Your child **must** stay home and [isolate](#) for at least **10 days from the start of their symptoms**.

[Household contacts](#) of your child are not required to stay home as long as they have no COVID-19 symptoms.

COVID-19 guide for parents of children going to school or childcare - children with symptoms part 2

Your child has one or more of these COVID-19 symptoms that are new, getting worse, or not related to other known causes:

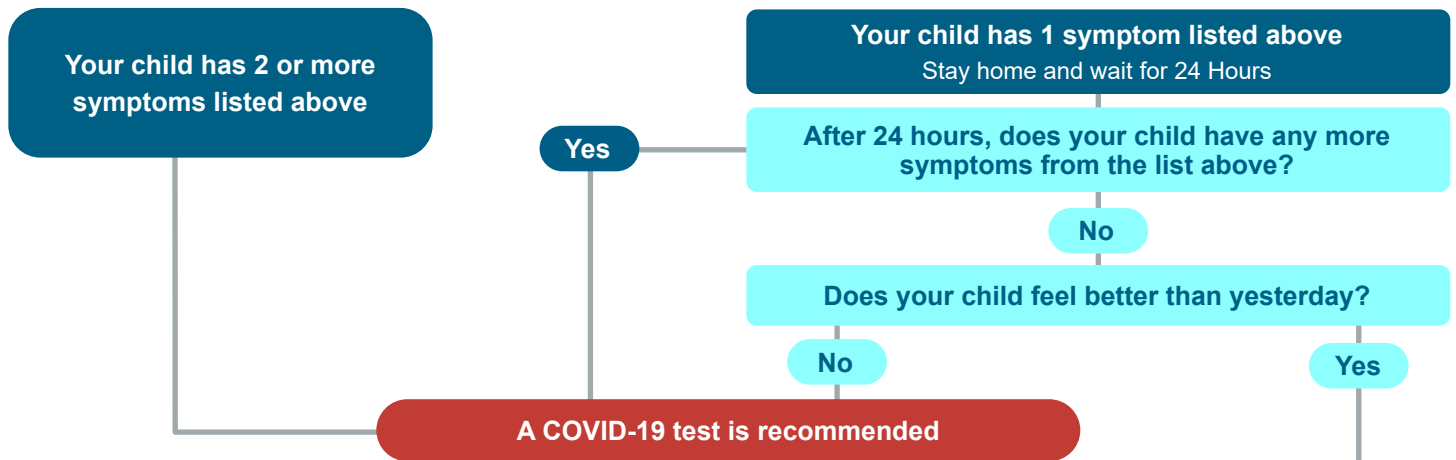
- chills
- sore throat or painful swallowing
- runny or stuffy nose
- feeling unwell or very tired
- feeling sick to their stomach (nausea) or vomiting or diarrhea
- unexplained loss of appetite
- muscle or joint aches
- headache
- pink eye (conjunctivitis)

Note: Chronic symptoms that can be explained by a pre-existing medical condition (such as allergies) are considered as part of your child's baseline health.

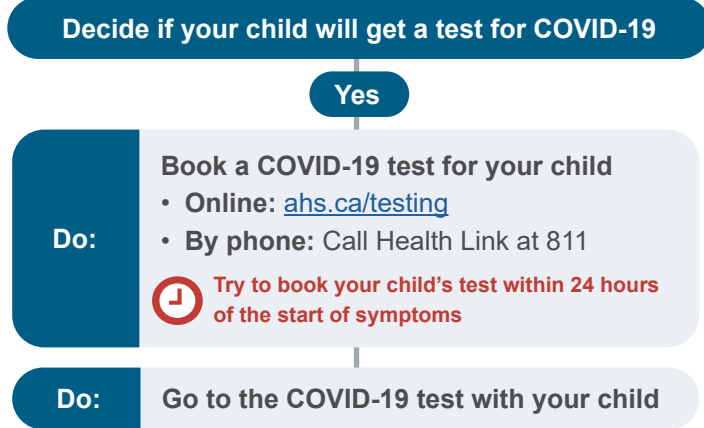
As long as these symptoms don't change, your child can go to school or childcare. Your child should have one negative COVID-19 test to set this baseline.

Advice

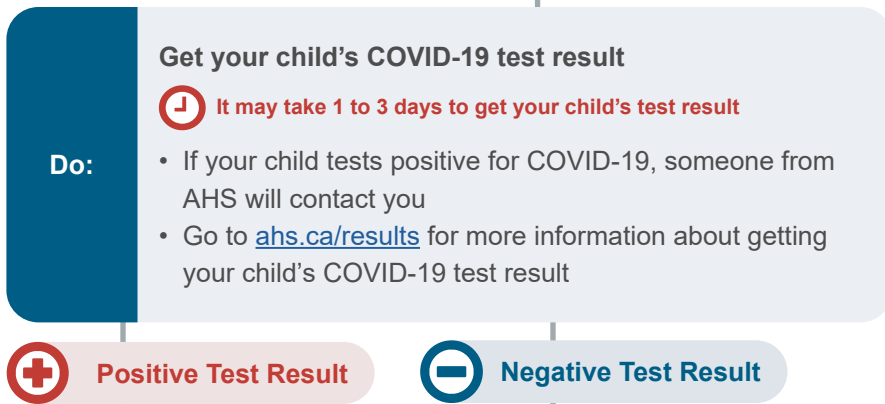
Your child should not go to school or childcare if they are feeling unwell



Testing



Test Result



Next Steps

What to do
Your child **must** stay home and isolate for at least **10 days from the start of symptoms**.
Go to ahs.ca/isolation for more information.
Household contacts of your child who are **not** fully immunized should stay home for 14 days from the last time they had close contact with your child.
Household contacts of your child who **are** fully immunized are not required to stay home as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:
• their symptoms go away **and**
• it has been at least 24 hours since the symptoms started
If your child has been exposed to someone with COVID-19 go to ahs.ca/infoforclosecontacts.
Household contacts of your child are **not** required to stay home as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:
• they feel well enough **and**
• it has been at least 24 hours since their symptom started
If your child has been exposed to someone with COVID-19 go to ahs.ca/infoforclosecontacts.
Household contacts of your child are **not** required to stay home as long as they have no COVID-19 symptoms.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case² of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
If the answer is “YES” AND they are NOT fully immunized⁴: <ul style="list-style-type: none">Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2.			
If the answer is “NO” to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the answer is “YES” to any symptom in question 2: <ul style="list-style-type: none">The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities.Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.			
If the answer is “NO” to all of the symptoms in question 2, proceed to question 3.			

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁴ A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

3.	Does the child have any new onset (or worsening) of the following other symptoms:		
	Chills Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO

If the answer is “YES” to ONE symptom in question 3:

- 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 the answer is “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- 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.

If the answer is “NO” to all questions:

- Your child may attend school, childcare and/or other activities.

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool's purpose is to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, you have been notified by Public Health that you are a case¹ of COVID-19, you are required to isolate as per Public Health instructions.

Screening Questions for Adults 18 Years and Older:

1.	Have you been a household contact of a case¹ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.</i>	YES	NO
If you answered "YES" AND you are NOT fully immunized²: <ul style="list-style-type: none">You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you have symptoms, proceed to question 2. If you answered "NO" to question 1, proceed to question 2			

¹ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

² A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

2.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
• Conjunctivitis (commonly known as pink eye)	YES	NO	
<p>If you answered “YES” to any symptom:</p> <ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell you are required to isolate for 10 days as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities</p> <p>If you answered “NO”:</p> <ul style="list-style-type: none"> • You may attend work, school, and/or other activities. 			