Stay at Home Guide
When do I keep my child at home?

Grande Prairie Public School Division

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 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 38 C or 100.4 F)
- Cough (new cough 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-19 symptoms, they must do the following before returning to school:

1. Isolate for a minimum 10 days (or longer if they still have symptoms) **OR**
2. Receive a negative COVID test result and no longer have symptoms.

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. This can speed up the return to school process, as the turn-around times for testing are generally faster than the required 10-day isolation period.

Book a testing appointment online with AHS assessment tool or call Health Link 811.

https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx

- *No official document is required for 'proof' of a negative test result.*
- *In a family with more than one child, only those with symptoms are required to isolate.*

Other 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)

This is my child. Now what?

1. A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until symptoms resolve.
2. Once symptom free they can return to school.

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

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?
www.alberta.ca/isolation.aspx

Learn more by visiting our website: www.gppsd.ab.ca