Student illness
If a student has symptoms

Students with new or worsening symptoms that are not related to other known causes must not attend school.

The duration students need to stay home from school depends on the type of symptoms.

Parents and household members of a student who has symptoms are not required to quarantine if:
- the child with symptoms has not been identified as a close contact of a COVID case
- the child has not tested positive

Symptoms

If a student has any of the following core COVID-19 symptoms (new, or worsening and not related to other known causes), the child is to isolate for 10 days from onset of symptoms.

- **Fever** (temperature of 38 degrees Celsius or higher)
- **Cough** (continuous, more than usual)
- **Shortness of breath or difficulty breathing** (continuous, out of breath, unable to breathe deeply)
- **Loss of sense of smell or taste**

A student can return to school before 10 days only if a COVID-19 test is negative AND symptoms are gone AND the student is not a close contact of someone with COVID-19.

Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If a student has one of the following other symptoms, they can return to school if their symptom is improving, as long as it has been at least 24 hours.

- **Chills** (Without fever, not related to being outside in cold weather)
- **Sore throat/painful swallowing**
- **Runny nose/congestion**
- **unwell/fatigued**
- **Nausea, vomiting and/or diarrhea**
- **Unexplained loss of appetite**
- **Muscle/joint aches**
- **Headache**
- **Conjunctivitis** - Commonly known as pink eye

Testing is not necessary if the child has only one of these other symptoms and it improves after 24 hours. If the symptom does not improve, gets worse or another symptom develops, continue to keep your child home until their symptom(s) go away.

If a child has two or more of the other symptoms, they can return to school once their symptoms go away, as long as it has been 24 hours since their symptoms started. A COVID-19 test is recommended but not required.

Alberta

Use [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811. https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx

Tested positive for COVID-19
- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- The isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Close contacts of confirmed cases
- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19.
- Follow instructions received from Alberta Health Services.

If you are isolating or quarantining:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children isolating.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19