

# HOW LONG TO STAY HOME FROM SCHOOL

The amount of time a student needs to stay home from school depends on the type of symptoms. For more details: [Isolation requirements](#)

## If a student has these symptoms

## What to do

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

One of the following symptoms:

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

- Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.
- A COVID-19 test is not required but is available.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.

If a child has any two of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:

- COVID-19 test recommended.
- May return to school after symptoms are gone, even without a COVID-19 test or results.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.