



How long students/parents/staff members should isolate after having symptoms or had an exposure to the virus

You are legally required to isolate for a minimum of 10 days or until symptoms resolve, whichever takes longer, if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing health condition or if you test positive for COVID-19. If you test negative and have no known exposure to the virus, stay home until symptoms resolve.

You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact, or live with, a person who tested positive for COVID-19. If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days from the exposure date.

If there was a COVID-19 case at school

Alberta Health Services (AHS) public health will investigate the case to find out when the symptoms developed, who they were in close contact with while infectious and who was in the school to minimize the spread. It is likely that only the group of students and staff who came in close contact will be required to stay home for 14 days, and not the whole school. This will be determined by public health as they do their investigation. Testing will be offered to the close contacts. Parents will be notified if a case of COVID-19 is confirmed at school and AHS public health will contact those who were in close contact with the case.

If there were two or more cases, the school would be considered to have an outbreak. The local medical officers will look at the spread and assess the exposure, whether it is in multiple grades or confined within close contacts of a confirmed case, and provide recommendations. It would only be the people in direct contact with an individual who is a confirmed case who would need to isolate. The contacts of the contacts would not need to isolate.

Public health measures for school buses

The public health measures for school buses include wearing a mask for students grade 4–12 when physical distancing cannot be maintained, increased cleaning and disinfection of high touch surfaces. In addition to maintaining a protective zone for the driver, assigning students to seats including grouping of household members together, and using loading/unloading procedures that support two metres physical distancing between students when possible.

What about extracurricular activities, field trips and physical education?

Schools should choose activities and sports that support physical distancing. When possible, physical education should be done outside. Equipment that must be shared should be cleaned and disinfected after each use. Field trips and activities requiring group transportation should be postponed. Singing (without a barrier) and playing wind instruments should be postponed at this time, in favour of lower risk alternatives such as percussion or string instruments.

For more details: alberta.ca/returntoschool