



# My child is sick, what should I do next?

To see the symptoms of COVID-19, please use the self-assessment tool found on the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca).

**We recommend booking a COVID-19 test.  
Learn more by visiting [www.albertahealthservices.ca](http://www.albertahealthservices.ca)**

## **If your child has symptoms, but has tested negative for COVID-19:**

- If your child tested negative and have no known exposure to the virus, your child is not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.
- If you tested negative and have known exposure to COVID-19, your child is legally required to isolate for 14 days.

## **If your child is tested positive for COVID-19:**

- They are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19. Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
- Please contact your school on how your child can continue learning at home during isolation.

## **What about for close contacts of confirmed cases?**

- Your child is legally required to isolate for 14 days and monitor for symptoms if they are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If they 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.