

Should I Go to School Today?

To help keep everyone safe, RVS students are required to complete the [COVID-19 Alberta Health Daily Checklist](#) (for children under 18 or who are 18 and older in high school) to determine if they should attend school. This flowchart is a simplified version of the checklist.

[The Daily Checklist](#) was updated to include new direction related to vaccinations. See the Daily Checklist or call Health Link at 811 for the most accurate information.

Isolation and Quarantine

We **isolate** to avoid spreading illness.

We **quarantine** and watch for symptoms to prevent exposing others before symptoms appear.

1 Has the child:

Traveled outside Canada in the last 14 days?

No

Yes

- The child is required to quarantine for 14 days from the last day of exposure.
- If the child develops any symptoms, use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

2 Has the child:

Had close contact with a case of COVID-19 in the last 14 days?

No

Yes

- The child is required to quarantine for 14 days from the last day of exposure.
- NOTES:
- Individuals who previously tested positive for COVID-19 in the 90 days before being exposed to another case of COVID-19 are not required to quarantine.
 - [The Daily Checklist](#) was updated to include new direction related to vaccinations. See the Daily Checklist or call Health Link at 811 for the most accurate information.

3 Does the child have any new onset (or worsening) of the following core symptoms:

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

No to ALL symptoms

Yes to ANY symptoms

- The child is to isolate for 10 days from onset of symptoms OR receive a negative COVID-19 test and feel better before returning to activities
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

4 Does the child have any new onset (or worsening) of the following other symptoms:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Conjunctivitis/pink eye

No to ALL Symptoms

Yes to ONE Symptom

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

Yes to TWO or MORE Symptoms

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

You can come to school!

Definitions/Notes:

Symptom definitions
please refer to the to [AHS Daily Checklist](#).

Individuals who have allergies or ongoing health issues must be tested at least once according to the [AHS Guidance document](#). This will establish a baseline for the individual. If symptoms change (worsen, additional symptom, change in baseline) the individual must stay at home and use the [COVID-19 Self-Assessment Tool](#) to determine whether they need to be tested for COVID-19.