Your child has one or more of these COVID-19 symptoms that are new, getting worse, or not related to other known causes:
- chills
- sore throat or painful swallowing
- runny or stuffy nose
- feeling unwell or very tired
- feeling sick to their stomach (nausea) or vomiting or diarrhea
- unexplained loss of appetite
- muscle or joint aches
- headache
- pink eye (conjunctivitis)

Note: Chronic symptoms that can be explained by a pre-existing medical condition (such as allergies) are considered as part of your child’s baseline health. As long as these symptoms don’t change, your child can go to school or childcare. Your child should have one negative COVID-19 test to set this baseline.

Advice
Your child should not go to school or childcare if they are feeling unwell.

Your child has 2 or more symptoms listed above

Yes

Your child has 1 symptom listed above

Stay home and wait for 24 Hours

After 24 hours, does your child have any more symptoms from the list above?

No

Does your child feel better than yesterday?

No

Yes

A COVID-19 test is recommended

Test

Decide if your child will get a test for COVID-19

Book a COVID-19 test for your child
- Online: ahsc.ca/testing
- By phone: Call Health Link at 811

Try to book your child’s test within 24 hours of the start of symptoms

Do:

Yes

No

OR

Before you have your child’s test result

Get your child’s COVID-19 test result

It may take 1 to 3 days to get your child’s test result

- If your child tests positive for COVID-19, someone from AHS will contact you
- Go to ahsc.ca/results for more information about getting your child’s COVID-19 test result

Do:

Positive Test Result

No

Have you been told by AHS that your child is a close contact of a person who has COVID-19?

Yes

What to do
Your child must stay home and quarantine for 14 days from the last time they had close contact with a person who has COVID-19.

Household members are not required to quarantine as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:
- their symptoms go away and
- it has been at least 24 hours since the symptoms started

Household members are not required to quarantine as long as they have no COVID-19 symptoms.

Household members must stay home and quarantine for 14 days from the last time they had close contact with your child.

What to do
Your child can go to school, childcare, and other public places when:
- they feel well enough and
- it has been at least 24 hours since their symptom started

Household members are not required to quarantine as long as they have no COVID-19 symptoms.

Negative Test Result

Yes

Yes

What to do
Your child can go to school, childcare, and other public places when:
- they have one or more of these COVID-19 symptoms that are new, getting worse, or not related to other known causes:
- chills
- sore throat or painful swallowing
- runny or stuffy nose
- feeling unwell or very tired
- feeling sick to their stomach (nausea) or vomiting or diarrhea
- unexplained loss of appetite
- muscle or joint aches
- headache
- pink eye (conjunctivitis)

Advice
Your child should not go to school or childcare if they are feeling unwell.

Your child has 2 or more symptoms listed above

Yes

Your child has 1 symptom listed above

Stay home and wait for 24 Hours

After 24 hours, does your child have any more symptoms from the list above?

No

Does your child feel better than yesterday?

No

Yes

A COVID-19 test is recommended

Test

Decide if your child will get a test for COVID-19

Book a COVID-19 test for your child
- Online: ahsc.ca/testing
- By phone: Call Health Link at 811

Try to book your child’s test within 24 hours of the start of symptoms

Do:

Yes

No

OR

Before you have your child’s test result

Get your child’s COVID-19 test result

It may take 1 to 3 days to get your child’s test result

- If your child tests positive for COVID-19, someone from AHS will contact you
- Go to ahsc.ca/results for more information about getting your child’s COVID-19 test result

Do:

Positive Test Result

No

Have you been told by AHS that your child is a close contact of a person who has COVID-19?

Yes

What to do
Your child must stay home and quarantine for 14 days from the last time they had close contact with a person who has COVID-19.

Household members are not required to quarantine as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:
- they feel well enough and
- it has been at least 24 hours since their symptom started

Household members are not required to quarantine as long as they have no COVID-19 symptoms.

Negative Test Result

Yes

What to do
Your child can go to school, childcare, and other public places when:
- they have one or more of these COVID-19 symptoms that are new, getting worse, or not related to other known causes:
- chills
- sore throat or painful swallowing
- runny or stuffy nose
- feeling unwell or very tired
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Positive Test Result

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Household members are not required to quarantine as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:
- they feel well enough and
- it has been at least 24 hours since their symptom started

Household members are not required to quarantine as long as they have no COVID-19 symptoms.