

# Students / Parents and Guardians Daily COVID-19 Checklist



Every student should review these questions before getting ready for school each day.

## 1. Has the student:

*(Choose any / all possible exposures)*

<b>Travelled outside of Canada in the last 14 days?</b> When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days, unless enrolled in the Alberta COVID-19 International Border Pilot Project.	YES	NO
<b>Had close contact with a case of COVID-19 in the last 14 days?</b> Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging.	YES	NO

### If the student answered YES to any of the above

- The student is required to quarantine for 14 days from the last day of exposure
  - If the student is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.
- If the student develops any symptoms, use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

If the student answered NO to both of the above, proceed to question 2.

## 2. Does the student have any new onset (or worsening) of the following core symptoms:

<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes such as asthma	YES	NO
<b>Shortness of Breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO

### If the student answered YES to any symptoms in Question 2:

- The student is to isolate for 10 days from onset of symptoms.  
Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the student answered NO to all the symptoms in Question 2, proceed to Question 3.

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

<b>Chills</b> Without fever, not related to being outside in cold weather	<b>YES</b>	<b>NO</b>
<b>Sore Throat / Painful Swallowing</b> Not related to other causes or conditions, such as seasonal allergies or reflux	<b>YES</b>	<b>NO</b>
<b>Runny Nose / Congestion</b> Not related to other known causes or conditions, such as seasonal allergies or being outside in cold weather	<b>YES</b>	<b>NO</b>
<b>Feeling Unwell / Fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	<b>YES</b>	<b>NO</b>
<b>Nausea, Vomiting and / or Diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	<b>YES</b>	<b>NO</b>
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	<b>YES</b>	<b>NO</b>
<b>Muscle / Joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	<b>YES</b>	<b>NO</b>
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headache or chronic migraines	<b>YES</b>	<b>NO</b>
<b>Conjunctivitis</b> Commonly known as pink eye	<b>YES</b>	<b>NO</b>

**If the student answered YES to ONE symptom in Question 3:**

- Keep the student 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.

**If the student answered YES to TWO OR MORE symptoms in Question 3:**

- Keep the student home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- The student 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.
- **If the student answered NO to all questions, the student may attend school.**

You do not need to take this form to school every day. Parents / Guardians, please ensure every student in your household is asked these questions every day, before getting ready, and decide if each student is able to attend. If a student will be staying home, please notify the school.

*These questions were developed by Alberta Health Services specifically for Children Under 18.  
Thanks for helping ensure our schools and communities stay well.*

Updated October 30, 2020