COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has tested positive on a rapid antigen test or received a message from Public Health indicating that they are a case[4] of COVID-19, they are required to isolate as per Public Health instructions. For more information on isolation requirements after a positive rapid antigen test, refer to the Rapid testing at home website.

Screening Questions for Children under 18*:*

1.	**Has your child been a household contact of a case[4] of COVID-19 in the last 10 days?** *A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.*	**YES**	**NO**
If child answered "YES" AND they are NOT fully immunized[5]: • Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms. **If child answered "YES" and they are fully immunized[5] proceed to question 2:** **If child answered "NO" to question 1, proceed to question 2:**			
2.	**Does the child have any new onset (or worsening) of the following core symptoms:**		
	Fever Temperature of 38 degrees Celsius or higher	**YES**	**NO**
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	**YES**	**NO**
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	**YES**	**NO**
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	**YES**	**NO**

If the child answered "YES" to any symptom in question 2:

- If the child is fully immunized[5]
  - Isolate for 5 days from the day of onset of symptoms or until symptoms resolve[3] whichever is longer.
  - After this isolation period, up to a total of 10 days past symptom onset, they are required to wear a mask when they are outside of the home, in a public place or otherwise in the company of other persons out of the household, with no exceptions.
- If the child is NOT fully immunized[5],
  - they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve[3] whichever is longer
- Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve[3].
- If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve[3].

[3]Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication
[4] A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline
[5] A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

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They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether you need to be tested for COVID-19. **NOTE**: Children 2 years of age and younger who are not eligible for rapid testing should complete the AHS Online Self-Assessment tool to access molecular (e.g., PCR) testing

If the child answered "NO" to all of the symptoms in question 2, proceed to question 3.

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

Chills Without fever, not related to being outside in cold weather	**YES**	**NO**
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	**YES**	**NO**
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	**YES**	**NO**
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	**YES**	**NO**
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	**YES**	**NO**
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	**YES**	**NO**
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	**YES**	**NO**
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	**YES**	**NO**
Conjunctivitis (commonly known as pink eye)	**YES**	**NO**

If the child answered "YES" to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an at-home rapid antigen test. If the test is positive or negative see below for further instructions. **NOTE**: Children 2 years of age and younger who are not eligible for rapid testing should complete the AHS Online Self-Assessment tool to access molecular (e.g., PCR) testing
- If at-home rapid antigen testing is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an at-home rapid antigen test if available or follow the AHS Online Assessment Tool for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an at-home rapid antigen test if available or follow the AHS Online Assessment Tool for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

For at-home rapid antigen testing result instructions:

- If at-home rapid antigen test is done and is negative they can return to school and activities when they feel well enough to go.
- If at-home rapid antigen test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered "NO" to all questions:

- Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

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