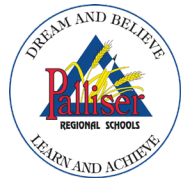


Responding to Illness



The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. This visual guide below is intended to clarify current health requirements depending on the symptoms (see [symptoms](#) and [isolation guidelines](#)).

Core COVID-19 Symptoms

- Fever (above 38 °C or 100.4°F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Requirements for 'Core' Symptoms

If any individual has one of the 'Core' COVID-19 symptoms above, they must do the following before returning to school or work:

- 1) Receive a negative COVID-19 test result and no longer be presenting any symptoms, or
- 2) Stay home for a minimum of 10 days (or longer if they still have symptoms)

Other Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

Requirements for 'Other' Symptoms

If any individual has one of the 'Other' illness symptoms above, they must do the following:

- 1) A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.
- 2) Before returning to school or work, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

You Have To Self-Isolate If:

- you test positive for COVID-19.
- you have any symptoms listed in the 'Core' or 'Other' symptoms above (please note the different requirements for each set of symptoms).
- you have been in contact in the last 14 days with someone known to have COVID-19. **AHS will inform close contacts directly.**
- you travelled outside Canada within the last 14 days.

You Do Not Have To Self-Isolate If:

- you have **not** been exposed to someone known to have COVID-19 and you have not travelled outside of Canada within the last 14 days.
- you have tested negative for COVID-19 and have no symptoms of illness.
- you have symptoms of illness that **are related** to a pre-existing illness or health condition, and are not new.
- you are waiting for results and you did not have symptoms when you were tested and do not have any now.
- you are in contact with someone who has symptoms but IS NOT a case of COVID-19.