



My child is sick, what should I do next?

To see the symptoms of COVID-19, please use the self-assessment tool found on the Alberta Health Services website at www.albertahealthservices.ca.

**We recommend booking a COVID-19 test.
Learn more by visiting www.albertahealthservices.ca**

- **Tested positive for COVID-19:**

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

- **Has symptoms but tested negative for COVID-19:**

- If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

- **Close contacts of confirmed cases:**

- You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.