



STAY-AT-HOME GUIDE: For EIPS Students, 18 years and up

Use this guide to determine when to stay home from school and when you can return—refer to the Alberta Health Daily Checklist for students under 18 or the [EIPS Stay at Home Guide for Families](#).

EIPS encourages everyone to complete the COVID-19 [Alberta Health Daily Checklist](#) before coming to school every day. If you answer “Yes” to any of the checklist questions, DO NOT go to school. Stay home and see below. If you answer “No” to all the questions, you can attend school. Always follow the advice of Alberta Health Services. For more information contact [Health Link](#).

I AM:

Sick with Core COVID-19 Symptoms (new or worsening) <ul style="list-style-type: none"> • fever (38 C or higher) • cough • shortness of breath • runny nose • sore throat • loss of smell or taste 	Sick with Secondary COVID-19 Symptoms (new or worsening) <ul style="list-style-type: none"> • chills • painful swallowing • congestion • headache • muscle or joint aches • feeling unwell, fatigue • nausea, vomiting, diarrhea • loss of appetite • pink-eye 	A Household Contact of a COVID-19 Case <ul style="list-style-type: none"> • you live with a COVID-19 case, <i>OR</i> • you were in frequent, long or close contact with a COVID-19 case
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WHAT SHOULD I DO?

Isolate, a legal requirement, and use a COVID-19 at-home rapid test or antigen test. <ul style="list-style-type: none"> • If you test negative—using two negative at-home rapid or antigen test results, with 24 hours between, or one PCR test—isolate until symptoms resolve. • If you test positive or no test was taken: <ul style="list-style-type: none"> » <i>Fully immunized</i> individuals must isolate for five days from the onset of symptoms or until they resolve, whichever is longer. » <i>Not fully immunized</i> individuals must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer. » Notify the school to ensure proper illness absenteeism tracking and reporting. » Notify close contacts from the previous 48 hours. 	Isolate and use a COVID-19 at-home rapid test. <ul style="list-style-type: none"> • If you test negative—using two negative at-home rapid or antigen test results, with 24 hours between, or one PCR test—isolate until symptoms resolve. • If you test positive or no test was taken: <ul style="list-style-type: none"> » <i>Fully immunized</i> individuals must isolate for five days from the onset of symptoms or until they resolve, whichever is longer. » <i>Not fully immunized</i> individuals must isolate for 10 days from the onset of symptoms or until symptoms resolve, whichever is longer. » Notify the school to ensure proper illness absenteeism tracking and reporting. » Notify close contacts from the previous 48 hours. 	<ul style="list-style-type: none"> • <i>Fully immunized</i>: You can attend school if you are symptom free. • <i>Not fully immunized</i>: <ul style="list-style-type: none"> » You <i>should</i> stay home and not attend school for 10 days from the last day of exposure. <i>OR</i> » If you had COVID-19 within the last 90 days, you can attend school, as long as you’re symptom free. • All household contacts should monitor for symptoms. If symptoms develop, isolate and complete the COVID-19 self-assessment tool.
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WHEN CAN I RETURN TO WORK?

<ul style="list-style-type: none"> • If you test negative for COVID-19—using two at-home rapid or antigen tests, with at least 24 hours between tests, or one PCR test—you can return when symptoms resolve. • If you test positive and are <i>fully immunized</i>, you can return after the five-day isolation and symptoms resolve, whichever is longer. However, you must wear a mask at all times until 10 days pass since the onset of symptoms—no exceptions. • If you test positive and are <i>not fully immunized</i>, you can return after the 10-day isolation and symptoms resolve, whichever is longer. 	<ul style="list-style-type: none"> • If you test negative for COVID-19—using two at-home rapid or antigen tests, with at least 24 hours between tests, or one PCR test—you can return when symptoms resolve. • If you test positive and <i>fully immunized</i>, you can return after the five-day isolation and symptoms resolve, whichever is longer. However, you must wear a mask at all times until 10 days pass since the onset of symptoms—no exceptions. • If you test positive and <i>not fully immunized</i>, you can return after the 10-day isolation and symptoms resolve, whichever is longer. 	<ul style="list-style-type: none"> • If you’re <i>fully immunized</i> and symptom free, you can attend school. • If you’re <i>not fully immunized</i>, you <i>should</i> return to school after 10 days from the last day of exposure and symptom free. <ul style="list-style-type: none"> » If you live with the household contact your 10-day isolation starts the next day after the COVID-19 case’s isolation ends.
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WHAT IF I HAVE NO SYMPTOMS BUT TESTED POSITIVE FOR COVID-19 USING A RAPID TEST?

Stay home and isolate immediately. After 24 hours pass, take a second [at-home rapid](#) or [antigen test](#). If positive, continue to isolate and follow the instructions above. If negative, you can return to school, as long as you remain asymptomatic.

NOTE: *Symptoms resolve* means symptoms improved and no fever for 24 hours, without the use of fever-reducing medication. The Stay-at-Home Guide is based on the province’s [COVID-19 Alberta Health Daily Checklist](#) and is subject to change as information becomes available.