



Responding to Symptoms

If you are symptomatic, you should not be at school.

You have 1 of the Top 5 symptoms:

- Fever
- New or worsening cough
- Shortness of breath or difficulty breathing
- Running nose
- Sore throat

You are legally required to self isolate for 10 days from start of symptoms or until symptoms resolve, whichever takes longer. You should also get tested for COVID.

If you test negative and have no known exposure to the virus, you can return to school 24 hours after your symptoms resolve.

You have other symptoms:

- Chills
- Painful Swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms
- Loss of sense of smell or taste
- Conjunctivities (pink eye)

You must stay home until your symptoms resolve so that you do not infect others.

Please also complete the [AHS Self-Assessment](#) online or call 811.