



Health Alert

Upper Respiratory / Flu / Allergy Symptoms

Please be aware we are seeing the following symptoms at the center that could be attributed to other illnesses or conditions. These symptoms are also consistent with minor symptoms of COVID-19:

Symptoms

- Runny nose or congestion
- Sore throat
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting
- Diarrhea

At this time, the center must follow the How Sick is too Sick guidance from the state. The following guidance will be used to determine when a child experiencing the above symptoms may return to child care:

- A child with any of these symptoms should receive a diagnostic test for Covid-19.
- If the test is positive or the individual has not yet been tested, they should follow State isolation guidance.
- If the test is negative, the child may return as long as all symptoms of sore throat, runny nose, congestion, muscle aches, headache and fatigue are improving.
- Symptoms of cough, shortness of breath, fever, diarrhea & vomiting must be fully resolved prior to returning to care even if test is negative.

This is a reminder to keep sick children home where they can rest and get well.



Thank you!
Your Child Health Connection Nurse