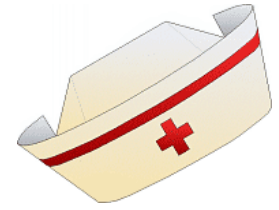




"From the Nurse's Office"



New Paltz Middle School









November 2020

Dear Parents & Guardians:

As both a parent and health care professional, I thought it might be helpful to provide you with a chart that helps to highlight the difference between common symptoms of Covid-19, a cold, the flu, and allergies. This a guide, and by no means all inclusive, but thought it might be helpful now that flu season is upon us.

Stay well,

Nurse Erin

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
FEVER 	✓		✓		
COUGH 		✓	✓	✓	✓
SORE THROAT 	✓	✓	✓		✓
SHORTNESS OF BREATH 				✓	
FATIGUE 		✓	✓	✓	✓
DIARRHEA OR VOMITING 	✓		✓		
RUNNY NOSE 		✓	✓		✓
BODY/ MUSCLE ACHES 	✓	✓	✓		