

EXCLUSION LETTER

School _____ Date _____

Dear Parent of _____

Your child is being sent home from school today because he/she has a fever of at least 100 degrees or higher and/or a cough and/or is reporting having the following symptoms:

_____ , _____ , _____ , _____ .

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics. For more information about the similarities and differences between the flu and COVID, visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

People with COVID-19 have had a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list.

Not all persons with the flu or COVID-19 need to visit their doctor or the emergency room but should follow guidance for home care. If your child has a chronic medical condition for which he/she is under a doctor's care, you should follow the instructions of the physician. If you are not certain, call him or her **before** taking your child to the doctor's office, urgent care or hospital emergency room.

Seek emergency care if your child experiences any of the following:

- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Fast breathing or trouble breathing
- Being so irritated that the child does not want to be held
- Flu-like or COVID symptoms improve but then return with fever and worse cough

