Netcong Elementary School

Our Children, Our School
Our Future

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Kathleen E. Walsh Superintendent

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SPRING IS IN THE AIR!

With the new season we anticipate the arrival of seasonal allergies in some of our students. Unfortunately, this year, identification and symptom management in school presents a challenge. Also, keep in mind that other illnesses such as the flu, common cold, strep throat, and other viruses can all share common symptoms.

Because some of the presenting symptoms of COVID-19 and seasonal allergies are similar, it may be difficult to tell the difference between them. The image below from the CDC shows how many common symptoms in both COVID-19 and allergies overlap. In following with the New Jersey and Morris County Department of Health guidelines, Netcong Elementary School will continue to exclude those students presenting with any symptom that may be COVID-19 related until proven otherwise.

Your child should not be sent to school if they are displaying any possible COVID-19 related symptom.

Your child must meet one of the following criteria before returning to school:

- You may choose to have your child tested for COVID-19 and provide a negative test result in writing. Antibody tests are not accepted.
- Or you may have your child complete a 10-day isolation period since the onset of symptoms.

If your child has been diagnosed by their physician as having seasonal allergies, following their negative COVID result, you may submit to the school documentation from your child's physician stating that they suffer from seasonal allergies, describing their typical symptoms and their course of treatment. This may help in guiding future decisions when your child presents with their allergy symptoms.

If you have any questions or concerns, please feel free to reach out to me. Thank you and stay safe,

Rachel Hall, BSN, RN School nurse

Symptoms more common **Symptoms** Symptoms more common of COVID-19 common of both of seasonal allergies Cough Fever and chills Shortness of Itchy or watery eyes Muscle and body breath or Sneezing aches difficulty New loss of taste or breathing* smell **Fatigue** Nausea or vomiting Headache Diarrhea Sore throat Congestion or runny nose