



SHEPHERD PUBLIC SCHOOLS
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November 12, 2021

Hello Everyone!

As the weather gets colder, we are headed into the cold and flu season. Unfortunately, with the ever present covid virus, this complicates the delineation of a common cold or other illness vs covid. With this added hurdle, it has complicated many things for everyone.

Attached below, is a chart from the Centers for Disease Control and Prevention (CDC) listing symptoms of covid, strep throat, the common cold, flu, asthma and seasonal allergies. This is just a guide to show how difficult it can be to decide what your child may be suffering from.

With this added hurdle, parents are encouraged to take their child to the doctor if they present with symptoms. This will help ease the minds of not only you as a parent, but also those involved in the care of your child. As always, a doctor's note may be required in order for your child to return to school depending on the symptoms and situation. Another alternative would be to have a negative covid test, in place of a doctor's note, should one be asked for.

Please know that we are taking every child into careful consideration when asking for these requirements to return to school. We understand that some children may present with symptoms depending on various normal conditions that they may suffer from. If you have any questions about your child's return to school, please reach out to me.

I wish everyone a healthy cold and flu season!

Sincerely,

Alayna Nederhoed BSN, RN

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8190 Church Street
Winn MI 48896
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Mt Pleasant MI 48858
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Transportation &
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Symptoms of COVID-19

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 	✓	✓	✓		

✓ Symptom of illness



cdc.gov/coronavirus

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