

# Winter Safety & Wellness Newsletter

## Current Sickness Trends 😊

We are currently seeing a mix of **Strep throat, influenza (A & B) and COVID** across various grade levels and within the community. Many of these conditions share the same symptoms, the chart below can help know the difference (only a test can confirm a diagnosis).

Illness	Key Features	Common Symptoms
<b>Strep Throat</b>	No cough (usually)	Severe sore throat, fever, headache, stomach ache, swollen tonsils.
<b>Influenza (A &amp; B)</b>	Sudden onset	High fever, "hit by a truck" body aches, dry cough, extreme fatigue.
<b>COVID-19</b>	Variable	Congestion, loss of taste/smell (sometimes), cough, fatigue, mild or high fever.

## Should My Child Stay Home? 🤕

To keep our school community healthy, please keep your students home if they exhibit any of the following:

- **Fever:** Must be fever-free (100.4°F or below) for a full 24 hours without the use of fever reducing medications (Ex: Tylenol, Ibuprofen)
- **Vomiting or diarrhea:** Must be episode free for 24 hours
- **Strep Throat:** Must be on antibiotics for a full 24 hours before returning to school
- **Fatigue:** If your child is too exhausted to participate in class or feeling unwell, please keep them home to rest