

NURSE NOTES #8

Gull Lake Community Schools Families,

Please keep in mind that everyone experiences illness with COVID-19 differently. Young people do not always experience COVID-19 the way adults and the elderly do, and often experience more minor symptoms. Ignoring slight symptoms when they develop can lead to further unnecessary spread of COVID-19. Keep a close watch on your student and pay attention to any symptoms or complaints that arise that are out of the ordinary for your student. If symptoms develop, no matter how minor, we encourage you to have your student tested and not send them to school. I have spoken to many families who thought their symptoms were “just a cold”, or “just allergies” and later tested positive. **Symptoms do not have to necessarily be dramatic to be COVID-19, please take even minor symptoms seriously.** Cases in Kalamazoo County, and in Michigan were trending down but are now rising again. Even one positive case can affect many other students and families. For in person learning and sports to continue we all need to be vigilant.

Symptoms to watch out for:

- Temperature 100.4 F or higher, or signs of a fever (chills/sweating)
- Sore throat
- New uncontrolled cough
- New onset headache
- Abdominal pain
- Vomiting
- Diarrhea

The most common COVID-19 symptoms reported to GLCS are headache, sore throat, tiredness, loss of taste/smell, and nasal congestion. These symptoms are sometimes minor and short lived or can be severe with ongoing symptoms. Not everyone who has COVID-19 develops a fever. Your student may present with only one symptom. Because the symptoms of COVID-19 vary so widely, no one can accurately diagnose COVID-19 without a test. Thankfully testing is widely available, **when in doubt test!**

If your student is being tested, they should remain home until the results are back.

Please contact me with any questions.

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