





Colds vs. Allergies vs. COVID-19

Now that seasonal allergies are upon us, it may be difficult to distinguish between allergy symptoms and those similar to COVID-19 symptoms. **If your student is experiencing any of the symptoms below that are COVID-19 symptoms or that could be either COVID-19 or allergies, your student must stay home from school.** If your student has allergies and you have not provided a medical note to School Nurse Kaitlyn Hewson, please do so by emailing khewson@vsnb.org or faxing it to 802-447-2397.

| Common Allergy Symptoms | Symptoms that could be <i>either</i> COVID-19 or Allergies | COVID-19 Symptoms |
|---|--|--|
| <ul style="list-style-type: none"> ● Itchy or watery eyes ● Sneezing  | <ul style="list-style-type: none"> ● Cough ● Shortness of breath or difficulty breathing ● Fatigue ● Headache ● Sore throat ● Congestion ● Runny nose   | <ul style="list-style-type: none"> ● Fever ● Chills ● Muscle/body aches ● New loss of taste or smell ● Nausea or vomiting ● Diarrhea  |

