Dear parents,

To protect children, volunteers and childcare workers, we need parents to be cautious about checking your children into a Children's Ministry program if you child is symptomatic. If your child has or has had any of these symptoms in the past **48 hours** we lovingly as that you do NOT leave your child in a Children's Ministry Program:

COVID - 19 (SARS-CoV-2)

- Cough
- Shortness of breath or difficulty breathing Or at least two of the following:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell

Flu (Influenza)

- fever or feeling feverish/chills
 - cough
 - sore throat
 - runny or stuffy nose
 - muscle or body aches
 - headaches
 - fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

Stomach virus (Viral gastroenteritis)

- Watery, usually non-bloody diarrhea
 - Abdominal cramps and pain.
 - Nausea, vomiting or both.
- Occasional muscle aches or headache.
 - Low-grade fever.

bloD

It usually begins with a sore throat, and then the following symptoms:

- Runny nose (clear and watery)
 - Sneezing
 - Fatigue
 - Cough
- You usually don't get a fever with a cold.

Thank you for loving others well and caring for others as you are cautious about dropping your child off. We hope to see you soon!

In Christ, Becki

Although allergies are not contagious, how sure are you that your child's symptoms are allergy symptoms?

Allergy Symptoms in Children

sneezing

itchy nose and/or throat nasal congestion clear, runny nose coughing