

Dear parents,

We love our volunteers and childcare workers, right? To keep them safe, we need you to be very cautious about checking your children into a Children's Ministry program. If your child, or anyone in your family, has or has had any of these symptoms in the past 48 hours we lovingly ask that you do NOT leave your child in a Children's Ministry Program:

#### **COVID – 19**

- 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

*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

#### **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.

#### **Cold**

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.

Let's love others (and other families) well during this time and be careful about when and if we drop off our children.

Thank you!

In Christ,

Becki Conover