

Seasonal Allergies vs. COVID-19 Symptoms and Y.A.L.E. School Attendance

Managing Seasonal Allergies: If your child has significant seasonal allergies, *it is important to provide your school nurse with documentation from their healthcare provider concerning this diagnosis.* Your child may attend school if the seasonal allergies are well managed. Please follow your child's healthcare provider's recommendations for allergy medication/s administration.

If your child's allergies are resulting in uncontrolled symptoms, a remote learning day will be required until symptoms improve.

- A medical note will be necessary from your child's healthcare provider for return to school once symptoms improve.
- If your child's healthcare provider suggests COVID-19 testing, your child may return to school if the result from a molecular test is determined to be negative. Provide your school nurse with the results of the COVID-19 screening test along with a medical clearance note.
- If testing is recommended, siblings will need to remain home until a negative test is received.

Students will not be permitted to remain in school while exhibiting the following uncontrolled seasonal allergy symptoms:

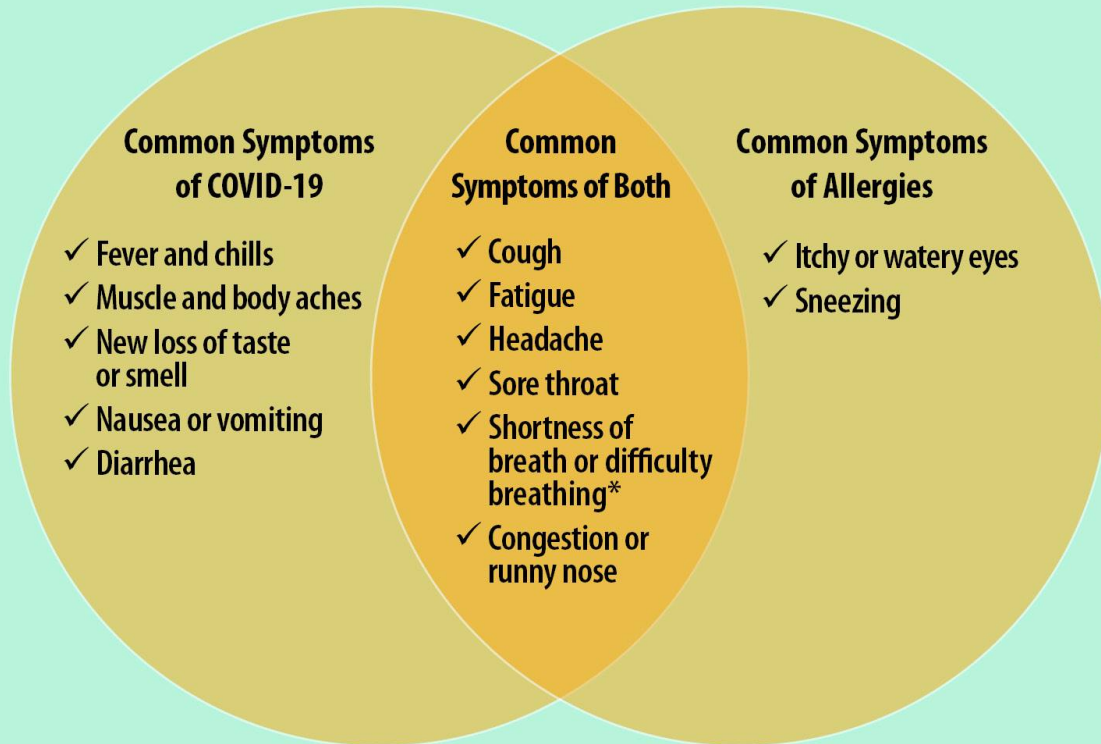
- Unable to wear a face mask comfortably due to increased sneezing, runny nose, or congestion making breathing difficult.
- Uncontrollable sneezing, runny nose, or congestion even if able to wear a face mask.
- Frequent coughing, wheezing, or shortness of breath.
- Increased fatigue which prevents your child from learning in the school setting.

Remember, children with allergies can still get sick. This means if your child has allergies and then develops new symptoms that do not respond to allergy medications. It is important to follow-up with your child's healthcare provider. Anyone with signs of illness should isolate at home to avoid transmitting the germs to others.

Please see the following graphic from the CDC that distinguishes between seasonal allergy symptoms and those associated with COVID 19, as well as the overlap in symptoms. Parents and guardians are also encouraged to consult the Y.A.L.E. School [COVID-19 DECISION TREE](#) for detailed information.

If you have any questions, please contact your child's school nurse.

COVID-19 and Seasonal Allergies



**Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person has a respiratory condition such as asthma that can be triggered by exposure to pollen.*



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)