

Sick children or child care staff?

- ✓ Stay home.
- ✓ Do not attend child care.
- ✓ Contact doctor.



Be aware that allergies, common cold, flu and strep throat have symptoms similar to COVID-19.

COVID SYMPTOMS	ALLERGIES	COMMON COLD	FLU	STREP THROAT
Fever/chills			✓	✓
Cough	✓	✓	✓	
Mild or moderate difficulty breathing			✓	
Sore throat	✓	✓	✓	✓
Muscle/body aches		✓	✓	✓
New loss of taste/smell			✓	
Diarrhea/vomiting			✓	✓
Congestion/runny nose	✓	✓	✓	
Fatigue	✓	✓	✓	
Headache	✓	✓	✓	✓

What should be done if staff or children have symptoms listed above?

- ✓ Notify the child care.
- ✓ Stay home except to get medical care.
- ✓ Do not go to work, school, or public areas including grocery stores, pharmacies, or restaurants. Consider delivery options for food and medicine. Do not use public transportation or ride sharing.
- ✓ Contact the health care provider.
- ✓ Seek COVID-19 testing. For more information, visit covid19.lincoln.ne.gov.

Child care centers and in-home child care must exclude children and staff who have symptoms consistent with COVID-19 including:

- ✓ ONE of the following: fever, new onset of dry cough, onset of shortness of breath or difficulty breathing, new onset of loss of taste or smell
- ✓ TWO of the following: chills longer than two hours, congestion and/or runny nose, muscle pain, headache, sore throat, nausea, diarrhea or vomiting

FLU SHOT REMINDER

The Lincoln-Lancaster County Health Department offers FREE flu vaccinations for residents age 6 months and older. An appointment is required by calling 402-441-8065, 8 a.m. to 4:30 p.m., Monday through Friday.

