



Updated 040620

**According to CDC new guidelines**, members of the general public should wear masks outside their homes, whether or not they're sick. Some infected people don't have symptoms and can spread the virus to others and cloth face coverings can slow the spread of the virus. People wearing the cloth masks are to take the same precautions such as hand washing, social distancing of 6 feet, and staying home as much as possible. The mask can be laundered daily in hot soap and water and reused. This is not a mandate but a public health voluntary measure. The cloth face coverings can be made from household items and surgical masks or N-95 respirators should be reserved for healthcare workers and medical first responders as recommended by current CDC guidance.

## COVID-19, Cold, Flu, Allergies... How Can I Tell the Difference?

Allergy season is starting and COVID-19 has similar symptoms. How can I tell the difference? The chart below may help you figure out if you are feeling symptoms of allergies or COVID-19. If you have a fever and cough, you should always call your doctor.

The media has mentioned a **loss of smell and taste as a new sign of COVID-19**. In milder cases, 30% of people infected with COVID-19 lose their sense of smells. Loss of smell can also happen in a few individuals who have other types of upper respiratory infection such as a colds or flu from nasal swelling. Other causes that affect your ability to smell are nasal polyps, tumors, Alzheimer's, Parkinson, and traumatic brain trauma or head injury as well as whiplash. If you lose your ability to smell suddenly without any explanation, call your doctor and check for other symptoms of COVID-19.

| Symptoms               | Coronavirus*<br>(COVID-19)<br><small>Symptoms range from mild to severe</small> | Cold<br><small>Gradual onset of symptoms</small> | Flu<br><small>Abrupt onset of symptoms</small> | Seasonal Allergies<br><small>Abrupt onset of symptoms</small> |
|------------------------|---|--|--|---|
| Length of symptoms     | 7-25 days   | Less than 14 days                                | 7-14 days                                      | Several weeks   |
| Cough                  | Common (usually dry)  | Common (mild)                                    | Common (usually dry)                           | Rare (usually dry unless it triggers asthma)                  |
| Shortness of breath    | Sometimes   | No**   | No**   | No**  |
| Sneezing               | No  | Common   | No   | Common  |
| Runny or stuffy nose   | Rare  | Common   | Sometimes                                      | Common  |
| Sore throat            | Sometimes   | Common   | Sometimes                                      | Sometimes (usually mild)                                      |
| Fever                  | Common  | Short fever period                               | Common   | No  |
| Feeling tired and weak | Sometimes   | Sometimes  | Common   | Sometimes   |
| Headaches              | Sometimes   | Rare   | Common   | Sometimes (related to sinus pain)                             |
| Body aches and pains   | Sometimes   | Common   | Common   | No  |
| Diarrhea               | Sometimes   | No   | Sometimes for children                         | No  |

\*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 3/27/20 • aafa.org/covid19

## ASTHMA

If you have asthma, allergies and colds are asthma triggers. It is important to continue to take your asthma medication to keep your asthma under control. Spring pollen is increasing so it is important to follow your allergy treatment plan to keep allergies under control. This will also control asthma symptoms and prevent attacks.

### Common symptoms of asthma include:

- Coughing
- Wheezing (a whistling, squeaky sound when you breathe)
- Shortness of breath
- Rapid breathing
- Chest tightness

### Seek medical help immediately for:

- Fast breathing with chest retractions (skin sucks in between or around the chest plate and/or rib bones when inhaling)
- Cyanosis (very pale or blue coloring in the face, lips, fingernails)
- Rapid movement of nostrils
- Ribs or stomach moving in and out deeply and rapidly
- Expanded chest that does not deflate when you exhale
- Infants with asthma who fail to respond to or recognize parents

Page three lists the three asthma zones, green, yellow and red used by doctors on your child's Asthma Action Plan. If you do not have an Asthma Action Plan, the zones can serve as a temporary treatment plan for asthma until you are able to reach your doctor.

**Know Your ASTHMA ZONES**

**Green Zone - GO!**  
**SIGNS:** Breathing is good. No cough, wheeze, chest tightness or shortness of breath during day or night. Can work, play, sleep.  
**ACTION:** Take your long-term control medicine daily. You may need quick-relief medicine before you exercise. You want to be in the Green Zone as much as possible. It means your asthma plan is working!

**Yellow Zone - CAUTION**  
**SIGNS:** Cough, wheeze, chest tightness or shortness of breath during day or night. Can do some but not all usual activities.  
**ACTION:** Take your quick-relief medicine right away. If you do not return to the Green Zone within one hour of treatment, refer to your Asthma Action Plan. Continue to take your long-term control medicine as prescribed. If you are in the Yellow Zone two times or more per week, your asthma is not under control and it's time to call your doctor or nurse.

**Red Zone - DANGER**  
**SIGNS:** You have any of these symptoms: Asthma is getting worse fast. Lots of coughing. Trouble walking or talking due to shortness of breath. Can't do normal activities. Medicine is not helping. Fingers or lips are blue.  
**ACTION:** CALL YOUR DOCTOR OR 911 NOW. Go to the hospital or call an ambulance if you are still in the Red Zone after taking medicines as instructed by your doctor. Follow up with your doctor as soon as possible after your emergency visit.

**aafa** Asthma and Allergy Foundation of America  
aafa.org

### If you have any health questions, please email your school nurse:

- Barbara C. Jordan Elementary School: **Nurse Erika Buckels:** [ebuckels@ucityschools.org](mailto:ebuckels@ucityschools.org)
- Jackson Park Elementary School: **Nurse Johnnye Farrell:** [jfarrell@ucityschools.org](mailto:jfarrell@ucityschools.org)
- Flynn Park Elementary School: **Nurse Cherich Jones:** [cherichjones@ucityschools.org](mailto:cherichjones@ucityschools.org)
- Pershing Elementary School: **Nurse Patricia Chandler:** [pchandler@ucityschools.org](mailto:pchandler@ucityschools.org)
- University City High School: **Nurse Madison Dusenberry:** [mdusenberry@ucityschools.org](mailto:mdusenberry@ucityschools.org)
- District Lead Nurse/Julia Goldstein Early Childhood Education Center/Brittany Woods Middle School: **Nurse Patricia Wilson:** [pwilson@ucityschools.org](mailto:pwilson@ucityschools.org) or 314-651-7268

Visit [www.ucityschools.org/CommunityResources2020](http://www.ucityschools.org/CommunityResources2020) for more resource options including your school staff contact information. More information is also available at [www.ucityschools.org/DistrictNews](http://www.ucityschools.org/DistrictNews).

Stay Safe and Healthy! - School Health Team