



## **HORNET HEALTHY LIVING: VOLUME :15**

# **COVID-19 UPDATE**

### **SYMPTOMS**

**Fever  
Vomiting  
New Cough  
Shortness of Breath  
Difficulty Breathing  
New Loss of Smell  
New Loss of Taste**

**Chills (Shivers)  
Muscles Aches  
Headache  
Sore Throat  
Nausea  
Diarrhea  
Fatigue  
Congestion or Runny Nose**

**IF YOU HAVE ANY OF THE ABOVE SYMPTOMS, REGARDLESS IF YOU HAVE OTHER CONDITIONS THAT HAVE THE SAME SYMPTOMS, IT IS ADVISED THAT YOU GET TESTED FOR COVID.**

**You do not need a doctor's note to get a test. If you are positive, you need to isolate for 10 days starting the day after your symptoms start. Make sure to call your doctor for medical advice.**

**MANY PEOPLE WHO EXPERIENCE ALLERGIES THINK THEIR ALLERGIES ARE ACTIVATING WHEN IN FACT THEY ARE COVID POSITIVE.**

**If you test positive or if you have questions regarding COVID, call the school nurses at: 973-890-2507 or 973-890-2543. Leave a message and we will get back to you as soon as possible.**

**If you test positive, you will need a doctor's note clearing you to come back to school on April 19<sup>th</sup>.**