

Flu Symptom Checklist for Families & School Staff

- Yes No Does your child have a sore throat, bad cough, or runny nose?
- Yes No Does your child have body aches or chills?
- Yes No Does your child have vomiting or diarrhea?
- Yes No Does your child have a fever of 100° F or more?

Here's how to tell using a thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take the temperature.
- Put the thermometer under your child's tongue. Have your child close his or her lips around the thermometer, and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about 1 minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature shows on the thermometer like this:

One hundred point two One hundred and two

When should I keep my child at home?

If you checked YES to fever and cough or sore throat, your child has influenza-like illness. Keep your child home for 7 days after symptoms start, OR until your child is completely well for 1 day, whichever is longer.

If you checked YES to only one of the questions, or if your child is ill with other symptoms, keep your child home for at least 1 day (24 hours) to watch for other symptoms.

If other symptoms start, use the checklist questions again to decide if your child needs to stay home. Send your child back to school after he or she has been completely well for 1 full day.

When should my child go to the doctor?

Call your doctor or seek medical care if your child is more ill than usual. Watch for signs that your child has trouble breathing and isn't drinking enough fluids. Watch for skin rashes or any signs that your child is more uncomfortable than you would expect with the flu.