



WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL, CAMP OR DAY CARE

A FLU SYMPTOM CHECK LIST FOR FAMILIES

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. **The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home.**

Use the following checklist to help decide if you or someone in your family may have the flu:

- YES NO Does your child have a cough?
- YES NO Does your child have a sore throat?
- YES NO Does your child have a headache, body aches or chills?
- YES NO Does your child have vomiting or diarrhea?
- YES NO Does your child have a fever of 100 degrees or more?

SHOULD I KEEP MY CHILD HOME?

If you checked **yes** to:

- Fever of 100 degrees or more
AND
 - Cough or sore throat
- your child has an influenza-like illness.

Keep your child home for at least 24 hours after the fever is gone. The fever should be gone without the use of fever-reducing medicines like ibuprofen (products like Advil) or acetaminophen (products like Tylenol.) Read the ingredients listing to see if either of these medicines are present in products that you use.

If you checked "yes" to only one of the questions above, or if your child is ill with other symptoms, keep your child at home for at least one day to continue observation. If other symptoms develop, use the check list questions again to decide whether to continue to keep the child home. If your child does not have influenza-like illness based on the check list above, return to school can occur after he or she has been completely well for 24 hours.

Note: This information is subject to change, depending on conditions and recommendations from the CDC. Stay informed! Check on the QVHD website for updates, www.qvhd.org