

Flu Symptom Check List for Families and Schools

The main symptoms of influenza (flu) include **fever and cough and/or sore throat**. Some people also have a runny nose, body aches, headache, chills, diarrhea, vomiting and feel tired. The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home when they are sick.

SHOULD I KEEP MY CHILD HOME?

- Yes No Has your child had a fever of 100.4 degrees or more in the past 24 hours?
- Yes No Does your child have a cough **OR** sore throat?

Any child with a fever must be kept home until fever free for 24 hours. Influenza-like illness is defined as having a fever with an additional symptom such as a cough or sore throat.

CAN MY CHILD RETURN TO SCHOOL?

- Yes No Has your child had a fever of 100.4 degrees or more in the past 24 hours?
- Yes No Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?

If you answered **NO** to both questions above, your child can return to school.

If you answered **YES** to either one of the questions above, your child **CANNOT** return to school.

Keep your child home for at least another day to observe for additional symptoms. Then use the check list questions again to decide whether you should continue to keep your child home.

Where can I find more information about influenza?

- 1) Call the Massachusetts Department of Public Health information line: 211
- 2) Go to the Massachusetts Department of Public Health influenza website: mass.gov/flu
- 3) A “**Fever Fact Sheet**” with information on how to take a temperature is also available.