

Flu Symptom Checklist for Families and Schools

The symptoms of influenza (flu) include fever, cough, and sometimes body aches, headache, chills and feeling tired. Some people have diarrhea and vomiting. The most important thing you can do to keep flu from spreading is to keep your sick child at home. Use the following checklist to help decide if you or someone in your family may have flu.

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Does your child have a cough? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your child have a sore throat? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your child have a headache, body aches, or chills? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your child have diarrhea or vomiting? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your child have a fever of 100.8 or more? |

If you checked “Yes” to a fever of 100.8 degrees or more and a cough or sore through, your child has an influenza-type illness. Keep your child home for at least 24 hours after they are free of fever or feverishness without the use of fever-reducing medications.

If you checked “Yes” to only one of the questions above, or if your child is ill with other symptoms, keep your child home and observe. If other symptoms appear, use the above checklist again. Send your child back to school after they are completely well for 24 hours.