



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health

Flu Symptom Check List for Families

Updated August 31, 2009

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 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 when they are sick.

| SHOULD I KEEP MY CHILD HOME? |
|---|
| <input type="checkbox"/> Yes <input type="checkbox"/> No Has your child had a fever of 100.4 degrees or more in the past 24 hours? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No Does your child have a cough OR sore throat? |
| If you answered <u>YES</u> to <u>both questions</u> above, keep your child home. <u>Your child has an influenza-like illness.</u> |
| CAN MY CHILD RETURN TO SCHOOL? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No Has your child had a fever of 100.4 degrees or more in the past 24 hours? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours? |
| If you answered <u>NO</u> to <u>both questions</u> above, your child can return to school. If you answered <u>YES</u> 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.



SEASONAL FLU INFORMATION for CHILDREN

The flu is a contagious respiratory illness caused by influenza viruses. A virus is a germ that can make you feel sick. Flu viruses spread mainly from person to person through coughing or sneezing of people with the influenza germ. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. You need to get plenty of sleep and physical activity, drink water, and eat good food to help you stay healthy.

Symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea

Remember to:

1. **Cover your nose and mouth** with a tissue or in your arm when you cough or sneeze—and throw the tissue away.
2. **Wash your hands often with soap and water**, especially after you cough or sneeze. (Other examples: When you arrive at school and before lunch)
3. **Try not to touch your eyes, nose, or mouth**, germs often spread this way
4. **Stay at home when you are sick**. You may be able to infect others beginning **1 day before** symptoms develop and up to **5 days after** becoming sick.

Visit the school nurse if you have any flu-like symptoms

Mrs. Angilly/Brimfield Elementary School Nurse