

# Flu Symptom Check List for Families, Schools and Child Care Programs

Flu season in Massachusetts usually starts in the fall and runs through the spring. The main symptoms of influenza (flu) include **fever in combination with a cough and/or sore throat**. Some people may also have a runny nose, body aches, headache, chills, and feel tired. Some people (especially young children) may also have diarrhea and vomiting.

To keep flu from spreading in the community it is important to keep your sick child at home when he or she has the flu. Use this form during flu season to determine whether your child should attend school or child care.

Flu-like illness: Should I keep my child home?		
	Yes	No
1) Has your child had a fever of 100 degrees F or higher in the <u>past 24 hours</u> ? Note: 100° F is the same as 37.8° C.	<input type="checkbox"/>	<input type="checkbox"/>
If you answered Yes to the question above, keep your child home for at least another day to observe for additional symptoms.		
2) Does your child have a cough <b>OR</b> sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
<b>If you answered YES to both questions above, keep your child home.</b> Your child has an influenza-like illness (fever and cough or sore throat). If your child has a cough or sore throat without fever, he or she may be well enough to go to school or child care. Your child's school or child care program may have additional guidance.		
After the flu: Can my child return to school or child care?		
	Yes	No
1) Has your child had a fever of 100.4 degrees F or higher in the <u>past 24 hours</u> ? Note: 100° F is the same as 37.8° C.	<input type="checkbox"/>	<input type="checkbox"/>
If you answered Yes to the question above, keep your child home for at least another day to observe for additional symptoms.		
2) Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) <b>to reduce fever</b> in the <u>past 24 hours</u> ?	<input type="checkbox"/>	<input type="checkbox"/>
<b>If you answered YES to either question above, keep your child home</b> 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.		
<b>If you answered NO to both questions above, and your child appears well, your child can return to school or child care.</b>		

## Where can I find more information about influenza?

- [www.mass.gov/flu](http://www.mass.gov/flu)
- [www.cdc.gov/flu](http://www.cdc.gov/flu)
- [www.immunize.org](http://www.immunize.org)
- Call the Massachusetts Department of Public Health at 617-983-6800 or your local board of health.