

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 symptoms of influenza (flu) include **fever, cough and/or sore throat**. It's important to note that not everyone with flu will develop a fever. 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. Symptoms can last from a few days to up to a week or longer.

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 childcare.

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 <i>past 24 hours</i> ? Note: $\geq 100^{\circ}$ F is the same as $\geq 37.8^{\circ}$ 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 AND/OR sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
If you answered <u>YES to both questions above, keep your child home</u>. Your child has an influenza-like illness (fever and cough and/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 childcare. Your child's school or childcare program may have additional guidance.		
After the flu: Can my child return to school or childcare?		
	Yes	No
1) Has your child had a fever of ≥ 100 degrees F or higher in the <i>past 24 hours</i> ? Note: $\geq 100^{\circ}$ F is the same as $\geq 37.8^{\circ}$ 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) to reduce fever in the <i>past 24 hours</i> ?	<input type="checkbox"/>	<input type="checkbox"/>
If you answered <u>YES to either question above, keep your child home</u> 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. If you answered <u>NO to both questions above</u>, and your child appears well, your child can return to school or childcare.		

Where can I find more information about influenza?

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