

# 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.

<b>Flu-like illness: Should I keep my child home?</b>		
	Yes	No
1) Has your child had a fever of 100.4 degrees F or higher in the <u>past 24 hours</u> ? Note: 100.4° F is the same as 38° 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.		
<b>After the flu: Can my child return to school or child care?</b>		
	Yes	No
1) Has your child had a fever of 100.4 degrees F or higher in the <u>past 24 hours</u> ? Note: 100.4° F is the same as 38° 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.

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Dear Parent or Guardian,

Flu season is here. The following information is to help and remind everyone about what we all can do to help prevent the flu and keep us all healthy.

Influenza or more commonly known as the flu is a contagious respiratory illness caused by the influenza virus. It infects the nose, throat and lungs. The flu is spread by droplets when someone with the flu coughs, sneezes or talks. The flu is different from a cold and usually comes on very suddenly. When your child has the flu they should stay home until symptoms resolve and has **NOT** had a fever for at least 24 without the use of medication to lower the fever. Below are some symptoms of the flu and ways to prevent the flu.

### **Symptoms of the Flu:**

1. Fever
2. Cough
3. Runny/stuffy nose
4. Body Aches
5. Headache
6. Tiredness
7. Chills

### **How to Keep Yourself and Your Family Healthy:**

1. Get the flu vaccine. The flu vaccine can reduce your risk of getting the flu. The flu vaccine can also make the illness milder and protect other more vulnerable people.
2. Wash your hands often with soap and water for at least 20 seconds.
3. Cover your coughs and sneezes.
4. Avoid touching eyes, mouth, nose and surfaces that may be contaminated with the flu virus.
5. Rest and drink plenty of fluids.

Please contact your child's doctor with any questions or concerns regarding the flu. Also **The Flu Guide for Parents** [www.mass.gov/eohhs/docs/dph/cdc/flu/the-flu-guide-for-parents.pdf](http://www.mass.gov/eohhs/docs/dph/cdc/flu/the-flu-guide-for-parents.pdf) is a recommended resource.

Included is a checklist to help you determine if your child should stay home from school. Please let the Health Office know if your child has the flu, is being treated for the flu or has flu like symptoms.

You can reach Sarah or Meg at 413-369-4239 extension 14.

REMINDER: The annual flu clinic at Conway Grammar School is next week on Wednesday, November 6<sup>th</sup>.

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