

# THE CONNECTICUT RIVER AREA HEALTH DISTRICT

## A FLU SYMPTOM CHECK LIST FOR FAMILIES

### GUIDANCE FOR WHEN TO KEEP YOUR CHILD or OTHER FAMILY MEMBER HOME FROM SCHOOL, DAY CARE, WORK OR OTHER ACTIVITY THAT COULD EXPOSE OTHERS TO THE FLU

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes 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 ill family members home.**

Use the following checklist to help decide if your child or anyone in your family may have the flu:

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do they have a fever of 100 degrees or more?   |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do they have a cough?                          |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do they have a sore throat?                    |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do they have a headache, body aches or chills? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Are they vomiting or do they have diarrhea?    |

If you checked **yes** to:

- Fever of 100 degrees or more
- **AND**
- Cough or sore throat

**Keep the family member home until he/she is symptom free for 24 hours without the aid of fever reducing medication such as acetaminophen or ibuprofen.**

If you checked "yes" to only one of the questions above, or if the family member is ill with other symptoms, they should stay at home for at least one day to see how they feel. If other symptoms develop, use the check list questions again to decide whether to continue to stay home. If the family member does not have influenza-like illness based on the check list above, he/she can return to school or work when he or she has been completely well for 24 hours.

As always, consult with your family doctor if you have any questions or concerns about your family member's health.