



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

Flu Symptom Check List for Families and Schools

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 feel 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?

- Yes No Has your child had a fever of 100.4 degrees or more in the past 24 hours?
- Yes No Does your child have a cough **OR** sore throat?

If you answered YES to both questions above, keep your child home.

Your child has an influenza-like illness.

CAN MY CHILD RETURN TO SCHOOL?

- Yes No Has your child had a fever of 100.4 degrees or more in the past 24 hours?
- Yes No Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?

If you answered NO to both questions above, your child can return to school.

If you answered YES 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.