

Influenza Symptom Checklist for Families and Schools

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 your sick child at home. Use the following check list to help decide if you or someone in your family may have the flu:

- Yes** **No** Does your child have a cough?
 Yes **No** Does your child have a sore throat?
 Yes **No** Does your child have a headache, body aches or chills?
 Yes **No** Does your child have vomiting or diarrhea?
 Yes **No** **Does your child have a fever of 100°F or more?**

SHOULD I KEEP MY CHILD HOME?

If you checked yes to :

- fever of 100 °F or more AND cough or sore throat your child has an influenza-like illness. **Keep your child home for 24 hours after the fever is gone without medication.**

IF YOU CHECKED YES TO ONLY ONE OF THE QUESTIONS ABOVE OR IF YOUR CHILD IS SICK WITH OTHER SYMPTOMS:

Keep your child at home at least one day to observe for other symptoms. If other symptoms develop, use the check list questions again to decide whether to continue keep the child home. Send your child back to school after he or she has been completely well for 24 hours without fever reducers.

When should a person with the flu get emergency medical care?

In children, warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up, not interacting with others or confusion
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then fever and cough return or get worse

In adults, warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms improve but then fever and cough return or get worse
- For more information about caring for people with flu-like illness at home, please see the **Caring for Someone with H1N1 Flu** [fact sheet at www.westfordma.gov](http://www.westfordma.gov).

For more information about novel H1N1 flu, please contact Westford Health Department at (978) 692-5509 (weekdays from 8:00 to 4:00) or visit www.westfordma.gov.