



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? | |
|--|---|
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Has your child had a fever of 100.4 degrees or more in the past 24 hours? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have a cough OR sore throat? |
| If you answered <u>YES</u> to <u>both questions</u> above, keep your child home. | |
| <u>Your child has an influenza-like illness.</u> | |
| CAN MY CHILD RETURN TO SCHOOL? | |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Has your child had a fever of 100.4 degrees or more in the past 24 hours? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours? |
| If you answered <u>NO</u> to <u>both questions</u> above, your child can return to school. | |
| If you answered <u>YES</u> 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.