



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

## **Flu Symptom Check List 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 degrees or more?**  
For more information about how to take a temperature, there is a "[Fever Fact Sheet](#)" at [www.mass.gov/dph/swineflu](http://www.mass.gov/dph/swineflu).

### **SHOULD I KEEP MY CHILD HOME?**

If you checked yes to

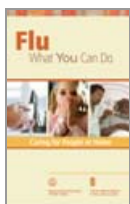
- fever of 100 degrees or more and
- cough or sore throat

your child has an influenza-like illness. **Keep your child home for 7 days after symptoms start or until your child is completely well for a full day, whichever is longer.**

If you checked "yes" to only one of the questions above, or if your child is ill 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.

### **When should my child go to the doctor?**

Call your doctor or seek medical care if your child has trouble breathing, has behavior changes like increased restlessness, anxiety and irritability, or isn't drinking enough fluids. Be alert for skin rashes, dehydration or any other signs that your child is more uncomfortable than you would expect with the flu.



For much more information about caring for people with flu-like illness at home, please see the 33-page "Flu What You Can Do: Caring for People at Home" booklets which are posted on the MDPH website, or can be ordered by calling 617-983-6800. The booklets are available in English, Chinese, Vietnamese, Haitian Creole, Spanish and Portuguese.

### **For more information and on-going updates:**

Massachusetts Department of Public Health information line: 211

Massachusetts Department of Public Health influenza website: [www.mass.gov/dph/swineflu](http://www.mass.gov/dph/swineflu)