



Flu Symptom Check List for Families and School Staff

Does your child have a fever of 100 degrees or higher? Yes No

In **addition** to a fever, does your child have a sore throat and/or a cough? Yes No

If you do not have a thermometer, you can look for these signs of fever:

- Your child's face may be red. Skin may be hot to touch or moist.
- Your child may be fussy and have a head ache.

If you answer "yes" to both of the above questions, your child might have the flu. Keep your child home until at least 24 hours after they no longer have fever or do not feel feverish, without using fever-reducing drugs.

Should I take my child to see a health care provider?

Use the same judgment you would use during a normal flu season. If you would not usually see a health care provider for the symptoms your child has now, you do not need to see a health care provider. Call your health care provider if your child is ill enough that you would normally see a health care provider. Be alert for signs that your child has trouble breathing and isn't drinking enough fluids.

For more information and on-going updates:

Tacoma-Pierce County Health Department, www.tpchd.org; (253) 798-6500