

Flu Symptom Checklist for Families

- Yes No Does your child have a sore throat, bad cough, or runny nose?
- Yes No Does your child have body aches or chills?
- Yes No Does your child have vomiting or diarrhea?
- Yes No Does your child have a fever of 100 degrees Fahrenheit or more?

How to take your child's temperature:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take his/her temperature.
- Put the thermometer under your child's tongue. Have your child close his/her lips around the thermometer and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature shows on the thermometer like this:
100.2 °F One hundred point two
102 °F One hundred and two

If you are unable to take your child's temperature, 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 headache.

If your child has a fever AND you answered "yes" to one of the above questions, your child might have the flu. Your child should stay home from school until you are able to consult with your health care provider.

Children with the flu should stay home. Talk with your child's health care provider or school nurse about the current recommendations for returning to school after having the flu.

When should my child see a doctor?

Otherwise healthy children with mild illness do not usually need to be seen by a doctor or health care provider. Call your health care provider if your child is more ill than usual, which would include:

- Fast breathing or trouble breathing.
- Refusing to drink liquids.
- Severe vomiting or diarrhea that won't stop.
- Being too irritable to be held.
- Bluish skin color.
- Flu-like symptoms that improve but then return with fever and worse cough.
- Fever with a rash.