

There's been renewed concern about H1N1 virus, so this checklist from the CDC will help you determine what you need to do if your child develops flu-like symptoms.

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 or more?

Here's how to tell using a thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take the temperature.
- Put the thermometer under your child's tongue. Have your child close his 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 other questions above, 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 for at least 7 days even if they feel better sooner. Children still sick after 7 days should continue to stay home from school until at least 24 hours after their fever and other symptoms are gone. Children may have a lingering cough. If seven days have passed, the student is fever free, and otherwise feels well for at least 24 hours, reentry into school is permitted.

When should my child see a doctor?

Otherwise healthy children with mild illness usually do not need to be seen. CALL your health care provider if your child is more ill than usual. Be alert for signs that your child is having trouble breathing or is not drinking enough fluids. Be alert for skin rashes or any signs that your child is more uncomfortable than you would expect with the flu.