

# WHEN SHOULD MY CHILD STAY HOME WITH THE FLU?



## H 1 N 1 Influenza A Recommendations from the Centers for Disease Control

### When should my child stay home with the flu?

Students with "Influenza-Like Illness" stay home when they are sick. Your child may have the flu and should stay home if they have the following signs and symptoms:

Fever of 100 ° F  
(37.8 ° C) or greater  
Cough  
Runny Nose  
Sore Throat

### When should my child return to school?

It is recommended that students stay home until at least 24 hours after they are free of fever [100° F (37.8° C) or greater] or signs of a fever, without the use of fever-reducing medications.



### What can we do to reduce the chances of spreading or "catching" H1N1 Influenza?

- \*Wash hands often with soap and water, especially after coughing or sneezing
- Use alcohol based hand sanitizers to clean hands if soap and water are not available
- \*Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve-not your hand)