



Town of Plaistow Health Department

Flu Symptom Check List for Families and Summer Recreation

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:

- | | |
|--|---|
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have a cough? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have a sore throat? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have a headache, body aches or chills? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have vomiting or diarrhea? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does your child have a fever of 100 degrees or more? |

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 until symptoms have resolved for at least 24 hours.**

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 summer recreation 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.

Should I notify summer recreation that my child is absent due to illness?

It is important to notify the Summer Recreation Program at 382-5930 if your child is absent due to illness. This information is important in order to evaluate whether there are unusual increases in absenteeism because of flu like illness.