



INSTRUCTIONS FOR SCHOOL CHILDREN WITH INFLUENZA (“THE FLU”)

Your child has the following symptoms of influenza:

- Fever (_____°F) and cough
- Fever (_____°F) and sore throat

Because your child has an illness that can be spread easily to his/her classmates, you have been asked to take your child home. Please follow the recommendations below:

- If coughing at school, your child may be offered a mask to wear over the nose and mouth until you are able to take him/her home.
 - Dispose of the mask in your home’s trashcan, being careful not to touch the side of the mask that was closest to your child’s nose and mouth.
 - Wash your hands after handling the used mask.
- Keep your child home from school until he/she does not have a fever for at least 24 hours without the use of anti-fever medications like Tylenol and Motrin.
 - To prevent spreading the flu, do not take your child to public places and gatherings while he/she is ill (except to seek medical care if needed).
 - A doctor’s note is not required to return to school.
- Most children get better without having to go to the doctor.
 - Encourage your child to drink plenty of fluids (water) and rest as much as possible.
- Call your family’s medical provider if your child experiences any of the following symptoms:
 - Fast breathing or trouble breathing.
 - Not drinking enough fluids.
 - Severe or persistent vomiting.
 - Not waking up or not interacting.
 - Being so irritable that the child does not want to be held or touched.
 - Flu-like symptoms improve but then return with fever and worse cough.
 - Bluish or gray skin color (call 911 immediately).
- If possible, keep your sick child away from other well children and adults in your home.
 - Have one adult caregiver responsible for your sick child.
 - Your child may be sick for a week or longer. Make arrangements for care during this time.
 - Caregivers should wash their hands frequently with soap and water to prevent spreading germs.
 - Throw used tissues in a trashcan. Wash your hands with soap and water after handling used tissues.
 - Avoid hugging used towels, bed sheets, and pillowcases close to your face when laundering them. Wash your hands after handling them.
 - Use normal household dish soaps and laundry detergents to clean dishes and laundry. Use warm water and warm dryers when possible.
- Consider getting both flu shots (seasonal flu and “swine” flu) when available to help prevent getting sick with the flu.
- Follow your school’s policies for making up your child’s missed assignments and tests.