

Flu Symptom Checklist



Feb. 2015 • Information for Families and School Staff

Communicable Disease Division
3629 South D Street, Tacoma, WA 98418
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Should my child stay home from school?

- 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 a fever of 100 degrees or more?

If you do not have a thermometer, 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 you answer "yes" to two or more questions, your child may have the flu. Keep your child home a minimum of 24 hours after they have completely recovered. There is no need to send a doctor's note when they return to school.

Should I take my child to a healthcare provider?

Use the same judgment you would normally use during the flu season. If you would not usually see a healthcare provider for the symptoms your child has, you do not need to now. Call a healthcare provider if your child is ill enough that you would normally make an appointment.

Be alert for signs that your child has trouble breathing and isn't drinking enough fluids.

*If your child is at high risk for flu complications (asthma, diabetes or auto-immune disorders) there is a medication that may help. Call your healthcare provider for advice.

More information and on-going updates:

Tacoma-Pierce County Health Department
(253) 798-6500 or www.tpchd.org