**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](http://www.tpchd.org)