



Flu Symptom Check List for Families and School Staff

- 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 vomiting or diarrhea?
- Yes No Does your child have a fever of 100 degrees or more?

Here's how to tell using a thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take the temperature.
- Put the thermometer under your child's tongue. Have your child close his lips around the thermometer and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature shows on the thermometer like this:

100.2 °F One hundred point two 102 °F One hundred and two

If you do not have a thermometer, you can 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 above, your child might have the flu and should stay home from school for at least a week.

When should my child go to the doctor?

Call your doctor or seek medical care if your child is more ill than usual. Be alert for signs that your child has trouble breathing and isn't drinking enough fluids. Be alert for skin rashes or any signs that your child is more uncomfortable than you would expect with the flu.

For more information and on-going updates:

Snohomish County call center, Mon – Fri 9am – 4pm, 425-388-5060

Snohomish Health District web site, www.snohd.org