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## **Flu Symptom Checklist for Families**

Confirmed cases of influenza have been identified in Maine. We expect that we will continue to detect cases into the fall and winter, and that the number of cases may increase. As we strive to keep everyone healthy this school year, it is most important that students and adults who are sick **not** go to school, work, or social activities. The following checklist can help determine if someone has influenza-like illness (ILI).

(ILI).	ociai activities. The i	ionowing checklist can help determine il someone has influenza-like limess
Does my	child have the flu?	
	Yes No Yes No Yes No	Does your child have a fever of 100 degrees of more?  Does your child have a cough?  Does your child have a sore throat?
Shoul	d I keep my child ho	me?
If you	checked yes to:	Fever of 100 degrees or more  And  A cough or a sore throat
4	child has an influenza out the use of medica	l-like illness. Keep your child home for 24 hours after the fever resolves tion.
keep	your child at home at toms develop, use th	one of the questions above, or if your child is ill with other symptoms, the least one day to observe for additional symptoms. If additional e checklist questions again to decide whether to continue to keep the child

## When should my child go to the doctor?

Call your doctor or seek medical care if your child has trouble breathing or has behavior changes including changes in eating or drinking habits. Call your health care provider if your child is ill enough that you would normally seek health care advice.

For more information please see www.maineflu.gov