

Flu Symptom Checklist for Families

- 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 Fahrenheit or more?

How to check your child's temperature using an oral thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take his/her temperature.
- Put the thermometer under your child's tongue. Have your child close his/her 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 will show on the thermometer like this:
 The temperature is **about** 100 degrees (one hundred **point** two degrees).
 The temperature is 100 degrees **plus 2** degrees (one hundred **and** two degrees).

If you are unable to take your child's temperature, you can look for these signs of fever:

- Your child's face may be red. His/her skin may be hot to your touch or moist.
- Your child may be fussy and have a headache.

If your child has a fever AND you answered "yes" to one of the questions above, your child might have the flu.

Children with the flu should be isolated from other people in the home. They should also stay home until they are symptom-free for 24 hours. That means until they have no fever without the use of fever-control medicines and they feel well for 24 hours.

When should my child see a doctor?

If you have a healthy child who now has a mild illness, he /she usually will not need to be seen by a doctor. CALL your health care provider if you're concerned about how sick your child is acting. Be alert for signs that your child is having trouble breathing or that he/she is not drinking enough fluid. If your child is not drinking enough, he/she may have a dry mouth and tongue; dark circles or sunken eyes; no tears and/or less urine output. This means fewer than two wet diapers or urinations per day.