

WHEN SHOULD MY CHILD STAY HOME WITH THE FLU?



H1N1 Influenza A Recommendations from the Centers for Disease Control

When should my child stay home with the flu?

Students with "Influenza-Like Illness" stay home when they are sick. Your child may have the flu and should stay home if they have the following signs and symptoms:

Fever of 100°F
(37.8° C) or greater

Cough

Runny Nose

Sore Throat

When should my child return to school?

It is recommended that students stay home until at least 24 hours after they are free of fever [100°F (37.8° C) or greater] or signs of a fever, without the use of fever-reducing medications.



What can we do to reduce the chances of spreading or "catching" H1N1 Influenza?

- Wash hands often with soap and water, especially after coughing or sneezing
- Use alcohol based hand sanitizers to clean hands if soap and water are not available
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve—not your hand)

New York Statewide School Health Services Center