

## 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.