



Flu Symptom Checklist for Families

If your child has a fever AND you answer “yes” to one of the questions below, your child might have the flu.

- Yes No Does your child have a sore throat or a bad cough?
- Yes No Does your child have body aches?
- Yes No Does your child have vomiting or diarrhea?
- Yes No Does your child have a fever or chills?
- Yes No Does your child have a runny or stuffy nose?
- Yes No Does your child have headaches?
- Yes No Is your child very tired?

Flu can cause mild to severe illness, and at times it can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms.

Your child has a fever if you check their temperature with a thermometer and it's over 100.4 degrees Fahrenheit. Other signs that your child has a fever include:

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

Most children with flu can be cared for at home and will recover in a week or so. While they are recovering, it's best to keep them apart from others in the household, if possible. This will help to prevent the illness from spreading. They should also stay home until they feel well and they are symptom-free for 24 hours – without using fever-control medicines.

When should my child see a doctor?

If you are worried that your child's illness is more severe, call your health care provider.

Get medical attention right away if your child has any of the warning signs below – or if they have any other symptom that causes concern:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104 degrees Fahrenheit that is not controlled by fever-reducing medicine
- Get medical attention for babies younger than 12 weeks who have any fever at all.
- Fever or cough that improves but then returns or gets worse
- Their chronic medical condition gets worse