

When to Keep Your Child at Home

How can we limit the spread of the H1N1 influenza virus?

The most important thing is to keep sick people away from healthy people. So if your child is sick, you must keep your child home. Staying home when sick stops the spread of the influenza and helps the sick person get well.

Answer these questions every morning before sending your child to school or childcare:

1. Does your child have a **fever** (100° F or 37.8°C)? If you don't have a thermometer, feel your child's skin with your hand. If it is much warmer than usual your child probably has a fever.
2. Does your child have a **sore throat, cough, runny nose, body aches, vomiting, or diarrhea?**

If your child has a fever plus another symptom listed above, your child might have the influenza. Keep your child home from school or childcare until the symptoms are gone for at least 24 hours without the use of fever reducing medications such as Tylenol or Ibuprofen.

When should my child go to the doctor?

Call your health care provider if your child is ill enough that you would normally see a health care provider. Use the same judgment you would use during a normal influenza season. If you would not usually see a health care provider for the symptoms your child has now, you do not need to see a health care provider.

