

# 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**

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