Your child has the following symptoms of influenza:

□ Fever (\_\_\_\_\_\_\_\_\_°F) and cough

□ Fever (\_\_\_\_\_\_\_\_\_°F) and sore throat

**Because your child has an illness that can be spread easily to his/her classmates, you have been asked to take your child home. Please follow the recommendations below:**

* If coughing at school, your child may be offered a mask to wear over the nose and mouth until you are able to take him/her home.
* Dispose of the mask in your home’s trashcan, being careful not to touch the side of the mask that was closest to your child’s nose and mouth.
* Wash your hands after handling the used mask.
* Keep your child home from school until he/she does not have a fever for at least 24 hours without the use of anti-fever medications like Tylenol and Motrin.
* To prevent spreading the flu, do not take your child to public places and gatherings while he/she is ill (except to seek medical care if needed).
* A doctor’s note is not required to return to school.
* Most children get better without having to go to the doctor.
* Encourage your child to drink plenty of fluids (water) and rest as much as possible.
* Call your family’s medical provider if your child experiences any of the following symptoms:
* Fast breathing or trouble breathing.
* Bluish or gray skin color (call 911 immediately).
* Not drinking enough fluids.
* Severe or persistent vomiting.
* Not waking up or not interacting.
* Being so irritable that the child does not want to be held or touched.
* Flu-like symptoms improve but then return with fever and worse cough.
* If possible, keep your sick child away from other well children and adults in your home.
* Have one adult caregiver responsible for your sick child.
* Your child may be sick for a week or longer. Make arrangements for care during this time.
* Caregivers should wash their hands frequently with soap and water to prevent spreading germs.
* Throw used tissues in a trashcan. Wash your hands with soap and water after handling used tissues.
* Avoid holding used towels, bed sheets, and pillowcases close to your face when laundering them. Wash your hands after handling them.
* Use normal household dish soaps and laundry detergents to clean dishes and laundry. Use warm water and warm dryer settings when possible.
* Consider having the entire household get an annual flu shot to help prevent getting sick with the flu.
* Follow your school’s policies for making up your child’s missed assignments and tests.