

When to Keep Your Child at Home



The symptoms of Pandemic H1N1 2009 (swine) flu include **fever with a cough or sore throat**, and sometimes body aches, headache, chills, and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home. The following check list will also help decide if you or someone in your family may have the flu:

- Yes** **No** Does your child have a fever of 100 °F or more?
- Yes** **No** Does your child have a cough?
- Yes** **No** Does your child have a sore throat?
- Yes** **No** Does your child have a headache, body aches or chills?
- Yes** **No** Does your child have vomiting or diarrhea?

Should I Keep My Child Home?

If you checked “yes” to fever of 100 °F or more and cough or sore throat, your child has an influenza-like illness. Keep your child home until they have been free of fever for 24 hours without the use of fever reducing medications.

If you checked “yes” to only one of the questions above, or if your child is ill with any of the other symptoms, keep your child at home at least one day to observe for other symptoms. Standard exclusion guidelines for child care apply. If other symptoms develop, use the checklist questions again to decide whether to continue keep the child home. Send your child back to child care after he or she has been completely well for 24 hours.

Children with Chronic Health Conditions

Children and adults at high risk for complications (lung, heart, and liver disease; diabetes; compromised immune system) should call their health care provider at the first sign of illness. Early treatment with anti-virals could prevent hospitalization and death.

If Flu Severity Increases

More caution will be recommended if the H1N1 flu becomes more severe causing serious illness in many people who become infected. Recommendations for work, school, and other group settings will be based upon the most effective means to reduce the spread of illness in the community. Things may continue to change as we learn more.

For information on vaccinations check with your health care provider. Discuss your concerns if your child has chronic health conditions or allergies. Also check the City of Berkeley website www.cityofberkeley.info/publichealth/ or call Nurse of the Day at (510) 981-5300 for information on vaccinations, finding a medical provider, OR APPLYING FOR Medi-Cal.