

Novel H1N1 Flu (Swine Flu): When to Keep Your Child Home from School or Child Care

(Revised 08/18/09)

How can we limit the spread of H1N1 virus (swine flu)?

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 flu and helps the sick person get well.

Check your child every morning before sending him or her to school or child care:

If your child has both:	Then you must:
Fever* (100° F or 37. 7°C) AND sore throat <u>or</u> cough. These symptoms suggest influenza-like illness. Your child may have the flu. Other symptoms can include, runny nose, body aches, vomiting and diarrhea	<u>CDC recommends that people with influenza-like illness stay at home until at least 24 hours after they are fever free (100⁰F[37.8⁰C]), or signs of a fever without the use of fever-reducing medications**</u>

But if your child only has:	Then you must:
• Fever* alone, OR • vomiting or diarrhea, OR • sore throat or new cough with no fever	Keep your child home from school or child care until symptoms are gone for 24 hours.

*If you don't have a thermometer, feel your child's forehead with your hand. If it is much warmer than usual your child probably has a fever.

If your child comes to school or child care with the symptoms of flu, as described in the top box above, or if they develop these symptoms while they are at school, they will be sent home for at least 24 hours after they are fever free (100⁰F[37.8⁰C]), or signs of a fever without the use of fever-reducing medications**

When should a 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 flu 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.

For more information and on-going updates:

- Connecticut Flu Watch web site: <http://www.ct.gov/ctfluwatch>
- Centers for Disease Control and Prevention (CDC) web site: <http://www.cdc.gov/h1n1flu>

** Guidance on how long to keep a child with flu symptoms home is subject to change. For the most updated information, visit the Connecticut Flu Watch website listed above.