



Flu?

Don't bring it to school.

Is it influenza (the flu)?

The flu spreads easily among children.

Here's a quick way to see if your child might have the flu and should stay home from school or daycare.

Is it the flu?	Is it allergies or a cold?
If your child has: <ul style="list-style-type: none"> • a fever of 100 degrees or more AND <ul style="list-style-type: none"> • a cough OR a sore throat then they may have the flu or another viral illness.	If your child has: <ul style="list-style-type: none"> • sniffles • sneezes • or a mild cough that came on gradually, then they probably have seasonal allergies or a cold.
What to Do: Keep your child at home or pick them up from school. Call your healthcare provider. They should stay at home for 7 days or until they have no symptoms for 24 hours, whichever is longer.	What to Do: Allergies do not spread among children. Cold germs do. Keep your child home for a full day to watch for other symptoms. Keep their hands clean and their coughs covered.

What else can you do?
Cover coughs & sneezes. Wash hands often. Don't share food & drinks.