



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?
<p>If your child has:</p> <ul style="list-style-type: none"> • a fever of 100 degrees or more <p>AND</p> <ul style="list-style-type: none"> • a cough OR a sore throat <p>then they may have the flu or another viral illness.</p>	<p>If your child has:</p> <ul style="list-style-type: none"> • sniffles • sneezes • or a mild cough <p>that came on gradually, then they probably have seasonal allergies or a cold.</p>
<p>What to Do: Keep your child at home or pick them up from school. Call your healthcare provider. They should stay at home until they have no fever for 24 hours, without using fever-reducing medication.</p>	<p>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.</p>

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