



# 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"><li>• a fever of 100 degrees or more</li></ul> <p>AND</p> <ul style="list-style-type: none"><li>• a cough OR a sore throat</li></ul> <p>then they may have the flu or another viral illness.</p>	<p>If your child has:</p> <ul style="list-style-type: none"><li>• sniffles</li><li>• sneezes</li><li>• or a mild cough</li></ul> <p>that came on gradually, then they probably have seasonal allergies or a cold.</p>
<p><b>What to Do:</b> 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.</p>	<p><b>What to Do:</b> 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.**