

Facts:

from the Northeast Colorado Health Department

Keeping you informed



When to Keep Your Child at Home

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: Fever* (100° F or 37.7°C) **AND** sore throat or cough.

Then you must:

- Keep your child at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medicine.

Your child might have the flu. Other symptoms can include runny nose, body aches, vomiting and diarrhea.

*Aspirin or aspirin-containing products, such as Pepto Bismol, should **NOT** be given to any child under the age of 18 years for fever relief. Fever reducers containing acetaminophen or ibuprofen may be used. Children younger than 4 years of age should **NOT** be given over-the-counter cold medications without first speaking with a health care provider.

But if your child only has:

- Fever* alone, OR
- Vomiting or diarrhea, OR
- Sore throat or new cough with no fever

Then you must:

- Keep your child home from school or child care until the symptoms are gone for 24 hours.

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, particularly if you are worried about the symptoms. Your health care provider will determine whether influenza testing or treatment is needed. Check with your health care provider about any special care the sick person might need if they are pregnant, or have a health condition such as asthma or other chronic lung conditions, diabetes, heart disease or conditions or medications that affect the immune system.

In children, signs that need urgent medical attention include:

- Fast breathing or trouble breathing;
- Bluish or gray skin color;
- Not drinking enough fluids; severe, persistent vomiting; not waking up or not interacting;
- Being so irritable that the child doesn't want to be held;
- Flu-like symptoms improve, but then return later with a fever and a worse cough.