



WHEN TO KEEP YOUR CHILD AT HOME

How can we limit the spread of H1N1 virus?

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.

Answer these questions every morning before sending your child to school or child care:

1. Does your child have a **fever** (100°F or 37.7°C)? If you don't have a thermometer, feel your child's skin with your hand. If it is much warmer than usual, your child probably has a fever.

If you answered "yes" to any of the questions above, your child might have the flu. Keep your child home from school until symptoms are gone for 24 hours, without fever reducing medications.

2. Does your child have a **sore throat, cough, body aches, vomiting, or diarrhea**?

When should my 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:

Public Health—Oklahoma City-County Health Department, www.occhd.org