



**Public Health**  
*Solutions*

**District Health Department**

**Prevent Promote Protect** Fillmore, Gage, Jefferson, Saline and Thayer Counties

January 22, 2015

**If Your Child is Sick with Flu, Report it to Your School!**  
Guidance for Parents for Reporting Flu to Their School

**Don't Go to School**

If your child is ill with flu like symptoms: **Keep them at home** – do not send them to school or day care for at least 24 hours after the fever is gone (or signs of a fever). The best way to keep from catching the flu is **1)** to wash hands frequently with soap and water or use an alcohol based hand sanitizer, **2)** to cover noses and mouths with a tissue when coughing or sneezing or a shirt sleeve or elbow if you don't have a tissue, and **3)** get vaccinated to protect against flu and reduce symptoms should you get influenza A.

**When to Say It**

You need not wait for a doctor's diagnosis to know your child has the flu. You should report that your child is sick with flu if they have a **cough or a sore throat** and if, when you take their body temperature using a thermometer, the reading measures **100 degrees or higher**. With flu your child may also have **muscle aches, runny nose, sore throat, chills, headache, and just feel really tired and weak**. Some children will also have vomiting and diarrhea. If your child has these symptoms, don't send them to school.

**What to Say**

If your son or daughter is sick with flu, it's important that you tell the school staff this reason of illness when you call in. **Don't say only that your child will be absent from school. Instead say, "My child is sick with flu like symptoms."**

**Why to Say It**

We've asked school staff to report school absenteeism due to flu like symptoms to get a clearer view of how influenza is developing in our area. This can help us take action to slow the spread of influenza in our region. We take influenza seriously — and you should, too. Help to protect your family and our communities from influenza.

Contact Public Health Solutions at 402-826-3880 for additional questions or concerns regarding flu and how to protect your family.