

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.

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

If you answered “yes” to both questions above, your child might have the flu. Keep your child home from school for 7 days or until symptoms are gone for 24 hours, whichever is longer.

If you checked “yes” to only one of the questions above, keep your child home from school until symptoms are gone for 24 hours.

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.

If you need medical care and don't have a medical provider or health insurance, call the Community Health Access Program at 800-756-5437. You will not be asked to provide proof of your immigration status.

For more information and on-going updates:

- Fact sheet: “H1N1 virus (swine flu) facts for families of school-age children,” www.kingcounty.gov/health/H1N1
- Public Health Flu Hotline, Mon – Fri 9am – 5pm, 1-877-903-KING (5464), TTY Relay: 711
- Public Health – Seattle & King County, www.kingcounty.gov/health/H1N1