



Health officials offer the following recommendations for keeping your child home from school when exhibiting flu symptoms:

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feeling fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, using a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

For more flu information please refer to the following links:

Erie County Department of Health

<http://www2.erie.gov/health/index.php?q=flu-virus-information>

New York State Health Department

<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Center for Disease Control

<https://www.cdc.gov/flu/index.htm>