



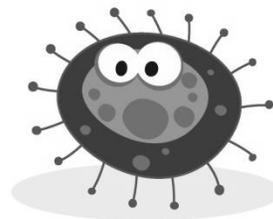
Symptom Check



Know When to Stay Home

Flu season in Boston generally runs from October through March. Flu can cause fever, cough, sore throat, body aches, headache, chills and/or tiredness. Flu can be serious for some.

If someone in your family is not feeling well this flu season, it is important to know when to keep them home from school or work. Staying home will not only help someone feel better, but can stop the spread of flu to others. Use this guide to help decide when to stay home.



FLU vs. Common Cold

Compare the symptoms below to help decide if you have the flu or a cold:

Symptom	Flu	Cold
Fever	✓	
Cough	✓	✓
Headache	✓	
Sore Throat	✓	✓
Watery Eyes		✓
Tiredness	✓	
Muscle Aches	✓	
Sneezing		✓
Runny, Stuffy nose		✓

Is someone feeling sick today?

Answer these two questions to decide if they should stay home.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Has the person had a fever of 100.4°F (38°C) or more in the past 24 hours? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does the person have a cough <u>OR</u> sore throat? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answer **YES** to **BOTH** questions, the person has an influenza-like illness and should stay home. If you answer **NO** to one of these questions, the person does not need to stay home. They should answer these questions again if they begin to feel worse.

Is it time to see the doctor?

Call your doctor or seek medical care if someone with the flu has trouble breathing, has behavior changes like increased restlessness, anxiety and irritability, or is not drinking enough fluids. Be alert for skin rashes, dehydration or any other signs that indicate the person is more uncomfortable than you would expect with the flu.

Can I go back to school or work today?

Answer these two questions to decide if someone who had the flu can go back to school or work.

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Has the person had a fever of 100.4°F (38°C) or more in the past 24 hours? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Has the person had acetaminophen (Tylenol®), ibuprofen (Motrin® or Advil®) or other fever reducing medicine in the past 24 hours? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answer **NO** to **BOTH** questions, the person can return to school or work. If you answer **YES** to at least **ONE** of the question, he or she **CANNOT** return to school or work. Keep the person at home for at least another day to allow for a full recovery. Then use the questions again to decide if they should return to school or work.

For more information, go to www.bphc.org/flu

Boston Public Health Commission
Infectious Disease Bureau
www.bphc.org or (617) 534-5611