

# Home with Flu

Stay home when you've got the flu. Be prepared to keep your children and teens home if they get sick.

## Why it's important to stay home with flu

You can pass the flu to others when you cough or sneeze. You're most contagious while you've got a fever AND for 24 hours after the fever has gone.

### MOST CONTAGIOUS

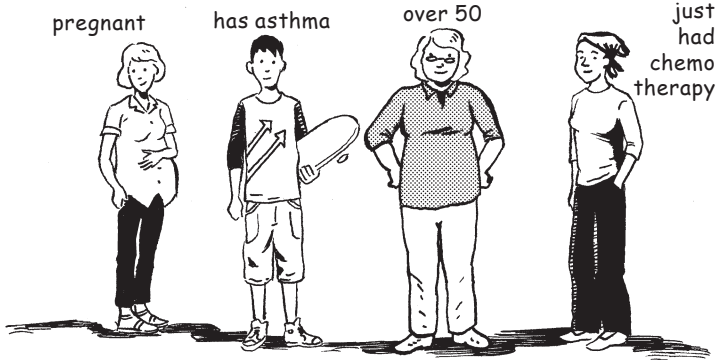


during fever



one full day after fever has gone

Some people are at much greater risk of serious health problems if they get the flu.



Many people who are at higher risk look healthy.

If you go to school or other gatherings when you are still spreading the virus, you will put others at risk.



Check to make sure your child is well before school or childcare each day

Does your child have:

**fever**

above 100°F



**AND** one of the following:

**cough**



**OR**

**sore throat**



If so, your child may have the flu. Other symptoms can include runny nose, body aches, diarrhea, and vomiting.

If your child is sick, consider these child care options.

So you can care for her in the afternoon?

I think that'll work.



Ask relatives, friends, or neighbors for help.

Thanks! The kids can be at my place tomorrow.



Set up a neighborhood child care network. Find a small group of families to trade off child care days.