

# H1 N1

## Flu Symptom Check List

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in your campus community is to **STAY HOME**. Use the following check list to help decide if you may have the flu:

- Yes**    **No**   Do you have a cough?
- Yes**    **No**   Do you have a sore throat?
- Yes**    **No**   Do you have a headache, body aches or chills?
- Yes**    **No**   Do you have vomiting or diarrhea?
- Yes**    **No**   **Do you have a fever of 100 °F or more?**

### SHOULD I STAY HOME FROM WORK/SCHOOL?

If you checked “yes” to these questions above: fever of 100 °F or more; a cough; or a sore throat, **you have an influenza-like illness**. **Stay home for 4 days after symptoms start or 24 hours after fever has resolved, without the use of fever reducing medication, whichever is longer.**

If you checked “yes” to only one of the questions above, or if you are ill with other symptoms not on the above list, stay at home at least one day to observe for other symptoms that may develop. If other symptoms do develop, use the check list questions again to decide whether to continue to stay home. Return to school (classes and activities) or work after you have been completely well for 24 hours.

#### What should I do if I have any of the following:

- any questions or concerns about my symptoms;
- a chronic disease such as asthma and develop any symptoms listed in the checklist;
- trouble breathing, pain or pressure in the chest or belly;
- sudden dizziness;
- confusion;
- severe or persistent vomiting;
- fever that returns a few days after going away.

**CALL YOUR DOCTOR. IF YOU DON'T HAVE A DOCTOR, CALL THE BOSTON PUBLIC HEALTH COMMISSION AT [617 534-5611](tel:6175345611), OR CALL YOUR LOCAL HOSPITAL.**

For more information about caring for people with flu-like illness at home, please see the **Caring for Someone with H1N1 Flu** and MDPH's **Flu Care at Home** fact sheets at [www.bphc.org](http://www.bphc.org).



For more information, please contact  
Boston Public Health Commission Communicable Disease Control Division  
[\(617\) 534-5611](tel:6175345611) or [www.bphc.org](http://www.bphc.org)