

# When to Keep Your Child Home

During flu season, it is especially important to keep your child home if he or she is sick. Flu spreads easily from person to person. Keep your child home if he or she:

## **Seems sick.**

- Signs your child may be ill include:
  - unusually pale skin
  - changes in behavior (lacks energy, does not take part in regular activities, bad mood, eats less)
  - sweating (when the weather is not hot outside and he or she has not been really active)

## **Has a fever.**

- Ask your doctor about the best way to take your child's temperature (mouth, bottom, armpit, and/or ear):

## **Has a cough or sneeze that is:**

- severe
- unusual for my child

## **Complains of pain.**

- ears, throat, head, or chest
- muscle aches

## **Is sick to the stomach.**

- thrown up in the past 12 hours

## **Has diarrhea.**

- two or more episodes in the past 24 hours



Keep your child at home and away from the child care center until your child has been without symptoms, such as fever, for at least 24 hours.

For more information on the flu, go to [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov).