

# School Checklist

Do your students or staff members have two or more symptoms from the "Symptom Checker"??\*

NO

YES

Follow preventative measures:  
Wash hands often  
Avoid people who are sick

**THIS PERSON  
MAY HAVE THE  
FLU**

### Symptom Checker\*

- Fever of 100°F (37.8° C) or more? <sup>+</sup>
- and one or more of the following:
- Cough
  - Sore throat
- <sup>+</sup> (If a thermometer is not available, does the ill person feel hot; is their skin hot to the touch? Do they appear sweaty; is their face red?)

Additional signs of illness may include:

- Vomiting
- Diarrhea
- Skin rash
- Body aches
- Increased fatigue
- Decreased appetite
- Pale appearance
- Glassy eyes, dark circles
- Lack of energy

#### If the sick person is at home:

Have them stay home!  
They should not come to school.  
Students and staff should stay home until they no longer feel sick and have been fever free for 24 hours without using a fever-reducing medication.

#### If the sick person is at school:

The symptomatic person should be kept in a separate location until they can be sent home.  
They should stay home and not go into the community.  
They should stay home until they no longer feel sick and have been fever free for 24 hours without using a fever-reducing medication.

**Consider calling 911 for Emergency Medical Services if a student or staff member has difficulty breathing, appears confused, becomes very ill very quickly or becomes unresponsive.**

*Individuals at risk for experiencing complications from H1N1 Influenza include:  
Students or staff who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.*

**\*The symptoms listed relate to H1N1 Influenza A. Students with one symptom may still be ill enough to be dismissed.**

Assessment by a Registered Professional School Nurse is always preferable.

If you have additional questions or concerns, please contact your School Medical Director or your local Health Department.

Developed by the New York Statewide School Health Services Center