

## Greater Houston Flu Resources

Symptoms	Testing	Prevention
Fever/Chills Headache, body ache Malaise Cough Nausea/Vomiting Runny Nose Sore Throat	Available on campus for scholars via GoodSide Health	<p>Frequent hand washing, cover coughs, do not come to school if ill.</p> <p>Find a Flu Vaccine: <a href="https://www.vaccines.gov/find-vaccines/">https://www.vaccines.gov/find-vaccines/</a></p> <p>Houston Health Department Appointments: 832-393-5427 <a href="https://www.houstonhealth.org/services/clinical/health-centers">https://www.houstonhealth.org/services/clinical/health-centers</a></p> <p>Walgreens: <a href="https://www.walgreens.com/topic/pharmacy/seasonal-flu.jsp">https://www.walgreens.com/topic/pharmacy/seasonal-flu.jsp</a></p>

# TOO SICK FOR SCHOOL?

## HERE'S HOW TO TELL



STAY HOME IF ...	SYMPTOM	GO BACK TO SCHOOL AFTER ...
Your child feels too sick for regular activities	← COUGH AND OTHER COLD SYMPTOMS →	Fever decreases and your child feels better
Yellow or green pus appears	← EYE DISCHARGE →	The amount of pus decreases, using antibiotic eye drops for 24 hours
The temperature on an oral thermometer reads 100° F or higher (100.4 for an ear, rectal, or forehead temp)	← FEVER →	Body temperature reaches normal
You suspect flu—it spreads rapidly	← FLU →	Fever has been gone for 24 hours
Your child has a migraine—throbbing, severe pain with moodiness, fatigue, and sensitivity to light	← HEADACHE →	Taking pain medication
Redness and itchiness affect all or most of your child's body	← RASH →	The rash is gone—or the doctor gives the OK
Your doctor suspects—or diagnoses—strep throat	← SORE THROAT →	24 hours after beginning antibiotics
Your child is vomiting or has uncontrollable diarrhea	← STOMACHACHE →	Vomiting stops and your child has control of bathroom breaks