

Flu Symptom Checklist for Parents and Camp Staff

Yes No Does the camper or staff member have a sore throat or a bad cough?

Yes No Does the camper or staff member have a fever of 100 degrees or more?

Here's how to tell if a camper or staff member has a fever using a thermometer:

- Wash the thermometer with soap and warm water before using.
- Do not let the camper or staff member drink anything for 15 minutes, then take her/his temperature.
- Put the thermometer under the camper's or staff member's tongue. Have the camper or staff member close her/his lips around the thermometer. If the camper is a child, stay with the camper while the thermometer is in the camper's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. The camper's or staff member's temperature shows on the thermometer like this:

100.2 °F

One hundred point two

102 °F

One hundred and two

If you are unable to take the camper's or staff member's temperature, you can look for these signs of fever:

- The camper's or staff member's face may be red. Skin may be hot to touch or moist.
- The camper or staff member may be fussy and have a headache.

If a camper or staff member has a fever AND you answered "yes" to the other question above (she/he has a sore throat or cough), the camper or staff member might have the flu.

- **Ill campers and staff who are at home** should stay home and not come to camp. They should stay home - and not go into the community, except to seek medical care, until they are symptom-free for 24 hours, apart from a cough that may linger. Note that influenza may result in a residual cough. If 7 days have passed the camper or staff member is fever free, and otherwise feels well for at least 24 hours, exclusion from day camp is no longer needed even if they have a residual cough.
- **Day campers and all staff members** who have flu-like symptoms at camp should be excluded from camp activities and sent home. They should stay home and not go into the community, except to seek medical care, for at least 7 days after the start of the illness or until they are symptom-free for 24 hours, whichever is longer. Note that influenza may result in a residual cough. If 7 days have passed, the camper or staff member is fever free, and otherwise feels well for at least 24 hours, exclusion from day camp is no longer needed even if they have a residual cough.
- **Overnight campers** who develop flu-like symptoms at camp should be separated from well campers and staff and excluded from camp activities for at least 7 days after the start of the illness or until they are symptom-free for 24 hours, whichever is longer. Note that influenza may result in a residual cough. If 7 days have passed, the camper is fever free, and otherwise feels well for at least 24 hours, exclusion from camp is no longer needed even if they have a residual cough.

When should campers or staff members be evaluated by a doctor?

Otherwise healthy campers or staff members with mild illness usually do not usually need to be seen by a doctor. CALL their health care provider if the camper or staff member is more ill than usual. Be alert for signs that the camper or staff member is having trouble breathing or is not drinking enough fluids. Be alert for skin rashes or any signs that the camper or staff member is more uncomfortable than you would expect with the flu.