



Dennis Health Department

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FLU SYMPTOM CHECKLIST

The main symptoms of influenza (flu) include **fever and cough and/or sore throat**. Some people also have a runny nose, body aches, headache, chills, and malaise (feel tired). Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the community is to stay home when you are sick.

Should I Stay Home?

Yes No Did you have a fever of 100.4° F or more in the past 24 hours?

Yes No Do you have a cough **OR** sore throat?

If you answered YES to both questions above, **STAY HOME.**

You have an influenza-like illness.

Can I Return To Work/School?

Yes No Did you have a fever of 100.4° F or more in the past 24 hours?

Yes No Did you have acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?

If you answered NO to both questions above, you may return to work/school.

If you answered YES to either one of the questions above, you should **STAY HOME.** Stay home for at least another day to observe for additional symptoms. Then use the checklist questions again to decide whether you should continue to stay home.

For more information about influenza, please call the Massachusetts Department of Public Health information line at **211** or go to their influenza website at: **www.mass.gov/flu**