



Flu Season Screening Form for Parents

The following guidelines were developed by the CDC in an effort to help schools stay open during the flu season. Please use this checklist as a guideline to help screen your child before attending school. It is the responsibility of the parent to check your own child's temperature at home.

Does the student have:

| YES | NO | |
|-----|----|--|
| | | Fever? (Temperature 37.8°C / 100°F) <i>Drudzis/paaugstin ta temperat ra?</i> |
| | | Dry cough? <i>Sauss kairinošs klepus?</i> |
| | | Chills? <i>Drebu i?</i> |
| | | Body aches / Joint pain? <i>"Laušanas saj ta" kaulos?</i> |
| | | Tiredness / Fatigue? <i>Nesp ks?</i> |
| | | Sore throat? <i>S pes rkl ?</i> |
| | | Headache? <i>Galvas s pes?</i> |
| | | Runny nose? <i>Iesnas?</i> |
| | | Stomachache? <i>S pes v der ?</i> |
| | | Nausea / Vomiting? <i>Slikta d ša / vemšana?</i> |
| | | Diarrhea? <i>Caureja?</i> |
| | | Has the student been in close contact with someone with the flu (influenza) virus or someone with flu-like symptoms? |

If your child has 2 or more of the symptoms listed above, then your child should stay home until symptom-free. As always, please consult with your own family doctor if you are concerned about the health of your child.

Remember to notify the school if your child is absent and to bring in a doctor's note if your child is out sick for more than 3 days. Thank you for your cooperation!

Karina Muzikants
School Nurse
kmuzikants@isl.edu.lv
(+371) 6775 5146

