

# What to Know About Influenza-Like-Illness (ILI)

- Fever (Temperature above 100°F)
- Accompanied by:
  - Sore Throat
  - or-
  - Cough

Stay out of school until fever and accompanying cough or sore throat are not present for 24 hours.

**IF YOU HAVE A COUGH AND YOUR THROAT IS SORE,  
PLEASE DON'T IGNORE!  
YOU MUST TAKE YOUR TEMPERATURE TO KNOW FOR  
SURE.**

Parents/ Gaurdians,

If your child is feeling ill, taking their temperature is the greatest indicator of their health. When calling students out of school due to illness, please specify symptoms (temperature, cough, sore throat, nausea, vomiting, ect.). CBNA is required to report symptoms of illness to the NH Department of Health on a daily basis. We need to work together to keep our school and community healthy.

Your Friendly School Nurse,

Laurie Foster, RN, BSN