

## How Long Should I Stay Home if I Have Influenza-Like Illness? Guidance for the Public During the Influenza Season

### What is an “influenza-like illness”?

The Centers for Disease Control and Prevention (CDC) defines an **influenza-like-illness (ILI)** as having:

- fever with a temperature of 100°F (37.8°C) or greater; AND
- a cough and/or a sore throat;
- no other KNOWN cause of the above symptoms

### How long should a person with influenza-like illness stay home?

- People with influenza-like illness should stay home **until at least 24 hours after the person is without fever (100° F or 37.8°C) or signs of a fever** (*without use of a fever reducing medicine*). The sick person should stay home throughout the entire exclusion period, except to get medical care or for other necessities.

### What are fever-reducing medications?

- Medicines that can bring down a person’s fever include acetaminophen (for example, Tylenol®) or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (for example Advil®, Motrin®, Nuprin®) or, naproxyn (for example Aleve®).
- **(Note: aspirin (acetylsalicylic acid) also reduces fever, but do NOT give aspirin to children or teenagers who have the flu;** because this can cause a rare but serious illness called Reye’s syndrome).
- Check the ingredients on the package label on over-the-counter cold and flu medicines, as some of them may already contain acetaminophen, ibuprofen or aspirin.

For more information on influenza and seasonal influenza, please visit [www.hcphe.org](http://www.hcphe.org), [www.cdc.gov](http://www.cdc.gov), or [www.flu.gov](http://www.flu.gov).

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