# What can you do for your child?

- Keep your child home until they feel better.
- Allow your child to rest.
- Offer fluids frequently while awake.
   If your child's urine is dark or if they are peeing less than normal, they need more to drink.
- Give your child acetaminophen every six hours or as recommended on the package for fever and muscle pain. Children should not be given aspirin (ASA).
- Treat your childs symptoms (e.g. cough medicine).
- Some traditional remedies may also be helpful.
- Wash your hands often and teach your child to do the same.

# What NOT to do...

- Do NOT Smoke around children.
- Do NOT allow your child to go to social gatherings while sick.

# Your child needs IMMEDIATE ATTENTION at the hospital or community health center if he/she:

- Has a fever greater than 39° for at least 24 hours or develops croup.
- Has trouble breathing.
- Has blue lips.
- Is limp or unable to move.
- Is hard to wake up, unusually quiet or unresponsive.
- · Has a stiff neck.
- Seems confused.
- Has a seizure (convulsion/fit).
- Has not had a wet diaper in 12 hours.

These Symptoms Are A Medical Emergency!



October 2002

# Influenza When a Child is Unwell...



# What is the Flu?

- It is an illness caused by the influenza virus.
- It is very contagious and can be spread easily between people.
- It usually lasts 5-7 days.

# It is NOT:

- A cold.
- Treatable with antibiotics (it is not caused by a bacteria).

# How Is It Spread?

- Through respiratory secretion droplets from people who are already sick.
- By breathing in the virus when a sick person sneezes, talks or coughs.
- After close contact with an infected person and touching something that they have just handled and then touching your own nose, eyes or mouth.
- Signs of sickness may occur as early as one to three days after exposure.

# What are the Possible Symptoms?

- Younger children may present with just a fever and signs of a cold. They may also have diarrhea, nausea vomiting and stomach pain (especially children under six months).
- Rapid onset of feeling sick.
- Fever lasting for 3-4 days.
- Chills.
- Muscle and joint aches.
- Headache.
- · Dry cough.
- Fatigue.
- · Sore throat.



# What to Expect

### Day 1-3:

 Sudden onset of fever, headache, muscle pain and weakness, may have dry cough, sore throat and stuffy nose, may have nausea and vomiting.

## Day 4-7:

 Hoarse, dry or sore throat, cough and possible mild chest discomfort. Fever and muscle aches may decrease. This is the time when complications such as pneumonia can develop.

## **Day 8:**

- Symptoms decrease. Cough and tiredness may last 1-2 weeks or more.
- Children should be able to progressively resume normal activities within a week.

# Ways to Protect Yourself Against the Flu:

- The single most important step people can take to prevent the flu is to wash their hands often.
- Avoid direct contact with people who have flu like symptoms.
- A yearly vaccine is a good way to avoid getting or to lessen the severity of influenza.
- Remember not to share eating utensils or drinks.