

# What to do if your child has the flu



## Flu can be serious for infants and kids.

If your child is experiencing any of the following signs, take them to the emergency room right away:

- Fever above 104°F
- Any fever in children less than 12 weeks old
- Fever or cough that improves but then returns or worsens
- Dehydration: No tears with crying, dry lips/mouth, no urination in >8 hours
- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain or child refuses to walk
- Not alert when awake
- Seizures
- Worsening of chronic conditions
- Any other concerning symptoms

If you are at all worried about your child's illness, take them to a doctor right away.



### STAY HOME

Children with the flu should stay home until they feel better. Typically, a child can return to school or daycare if their fever has been gone for 24 hours without medicine and other symptoms have gone away. A fever is defined as temperature  $\geq 100^{\circ}\text{F}$ .



### REST & REPLENISH

If your child is sick, make sure they get plenty of rest and drink lots of fluids. An over-the-counter fever-reducing medicine can also help relieve discomfort.



### CALL A DOCTOR

If you are at all worried about your child's illness, take them to a doctor right away. Consult your provider immediately if you suspect flu and your child is 5 years or younger or has a chronic health condition, like asthma or diabetes.



### PREVENT & TREAT

All children 6 months and older should get the flu vaccine annually for the best protection. Some drugs can treat flu illness. Talk to your doctor to see if your child should receive treatment.