

Influenza (Flu)



Education

INFORMATION FOR PATIENTS AND FAMILIES

What is influenza?

Influenza is a viral illness that involves the entire body. It is very contagious. To help stop the spread of influenza, all family members should wash their hands often, throw away used tissues right away and not share plates, cups or utensils. Outbreaks of influenza usually occur during the winter months.

What are the possible symptoms?

Your child may have one or more of the following symptoms:

- Fever
- Body aches and headaches
- Tiredness
- Chills
- Loss of appetite
- Itchy and watery eyes
- Runny nose
- Cough
- Vomiting
- Diarrhea

What is the treatment?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow include:

- Acetaminophen (Tylenol[®], Tempra[®], Panadol[®]) or ibuprofen (Motrin[®], Pediaprophen[®], Advil[®]) for fever, aches and pains. Follow the directions on the box carefully or ask your child's doctor how much medicine to give. Do not give your child more than 5 doses of acetaminophen in a 24-hour period.
- Plenty of fluids (if vomiting, give small sips often)
- Medicines as advised by your child's doctor
- Plenty of rest with a gradual return to normal activity

When should I call the doctor?

Call your child's doctor if:

- He is not better in five to ten days

continued

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404.250.kids.

OUTPATIENT | PFEN 040 / 12.02 / INFLUENZA

CHILDREN'S HEALTHCARE OF ATLANTA www.choa.org | **404.250.kids**

Influenza continued

- You notice signs of dehydration (drying out):
 - No urine in six to eight hours in an infant younger than 1 year old
 - No urine in more than eight hours in a child older than 1 year old
 - No tears when crying
 - Sunken eyes
 - Dry lips and mouth
- He has a temperature over 100.4°F after taking medicine for more than 48 hours