

A comforting guide to * THE ACHES & PAINS * of the flu

It's not easy when your **CHILD GETS THE FLU**, but knowing what to do can be.

TYPICAL SYMPTOMS

||||| abrupt onset of fever, chills and fatigue

HEADACHE

Non-productive **COUGH**

runny NOSE

SORE THROAT

sometimes diarrhea & vomiting

TREATING THE FLU:

- 1 DRINK LOTS OF FLUIDS.
- 2 USE A FEVER reducer LIKE acetaminophen OR ibuprofen to TREAT FLU symptoms. Do not USE medicine that contains ASPIRIN.
- 3 For children YOUNGER THAN 6 yrs old, cough and cold medicines DO NOT WORK AND MAY CAUSE SERIOUS side effects.
- 4 Antibiotics WILL NOT HELP because THE FLU is a viral INFECTION.
- 5 ANTIVIRAL medicines MAY BE helpful FOR CHILDREN with CONDITIONS associated with SEVERE infections.
- 6 KEEP kids HOME until THEIR fever is GONE FOR at least 24 hours without using fever reducers.

see the **DOCTOR** if THERE'S:

FATIGUE or irritability that does not respond to **CONSOLING**

CONFUSION or **HEADACHE** THAT DOES not GO AWAY

chest **PAIN** labored breathing **PERSISTENT** cough

NECK STIFFNESS

STOMACH PAIN, vomiting and dehydration

BACK PAIN or weak **LEGS** or feet

Severe muscle **PAIN** and/or **RED URINE**

THE BEST defense AGAINST THE flu? THE FLU VACCINE

Make **SURE YOU AND YOUR CHILD GET vaccinated.**

See **YOUR PEDIATRICIAN** to FIND OUT which **FLU vaccine IS BEST** for your child.



Take our online flu assessment at choa.org/flu to find out if your child needs to visit the doctor

If your child's doctor is unavailable, pediatricians are standing by—including nights, weekends and on holidays—at our Urgent Care Centers.

Visit choa.org/urgentcare for locations, hours and wait times.

