

THE FLU: A RESPIRATORY VIRUS

Typical symptoms

Abrupt onset of fever, chills and fatigue

Headache

Runny nose

Nonproductive cough

Sore throat

Diarrhea and vomiting



When to see a doctor

Fever lasting 3 days

Fatigue or inconsolable irritability

Confusion or headache that does not go away

Chest pain, labored breathing and persistent cough

Neck stiffness

Stomach pain, vomiting, diarrhea or inability to drink enough fluid to stay hydrated

Back pain or weak legs or feet

Severe muscle pain and/or red urine

TREATING FLU SYMPTOMS

- Antibiotics will not help because the flu is a viral infection.
- Have your child drink lots of fluids.
- Use a fever reducer like acetaminophen or ibuprofen. **Do not use medicine that contains aspirin.**
- Since Tamiflu carries a risk of side effects, each child will be evaluated for his risk of serious infection against the potential side effects of the antiviral medication.
- For children younger than 6 years old, cough and cold medicines are not effective and may cause serious side effects.

Make sure you and your child get vaccinated every year.

Visit choa.org/flu to learn more.

This is general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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