

THE FLU: A RESPIRATORY VIRUS

Typical symptoms

Abrupt onset of fever, chills and fatigue

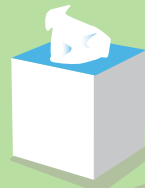
Headache

Runny nose

Non-productive cough

Sore throat

Diarrhea and vomiting



When to see a doctor

Fatigue or inconsolable irritability

Confusion or headache that does not go away

Chest pain, labored breathing and persistent cough

Neck stiffness

Stomach pain, vomiting and dehydration

Back pain or weak legs or feet

Severe muscle pain and/or red urine

TREATING THE FLU

- 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.
- 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.

Flu testing will be reserved for children who are at risk for severe infections.

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.