



# What to Do When You Think Your Child Has the Flu

If your child has a fever, especially with another symptom, keep them home. If your child just doesn't look or feel well, and has one or more symptoms of the flu, keep them home.

There are important things to remember if you or a family member work at or attend a class or program where there are people at high risk of complications from flu. If the person working at or attending the program becomes sick with flu symptoms (fever, cough, sore throat, runny nose), they must **stay home until 7 days after the symptoms started or they no longer have a fever (without taking any medicine) for at least 24 hours, whichever is longer.**

Flu symptoms include fever (**temperature of 100 degrees F or higher**), cough, sore throat, runny/stuffy nose, body aches, headaches, chills and fatigue.

## **CALL OR SEE A DOCTOR IF:**

- A child is younger than a year old.
- Your child is more ill than you would expect.
- Fever persists for more than three days.
- Symptoms include being weary or sluggish, and the child does not improve after taking Tylenol or Ibuprofen.
- There is an existing chronic illness or some other risk factor.

## **GO TO THE EMERGENCY DEPARTMENT IF YOUR CHILD SHOWS ANY OF THE FOLLOWING SYMPTOMS:**

- Fast breathing or trouble breathing
- Bluish or gray skin color (call 911 immediately)
- Not drinking enough fluids
- Continues vomiting
- Seizures
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Symptoms improve but then return with fever and worse cough

Please remember, most healthy children and adults will recover from the flu without any special medical attention. People in a high-risk group may want to call their doctor for advice about treatment or preventive medicine. If at any time you are worried that an ill person's symptoms are getting worse, be sure to contact your health care provider.