

If Your Child is Not Feeling Well

- **Watch carefully for signs and symptoms of flu.** Some children may not be able to tell you about their symptoms, which can delay your response to their illness. Symptoms of flu include fever or chills **and** cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

A fever is a temperature measured by mouth with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating.

- **Watch for emergency warning signs that need urgent medical attention.** These warning signs include one or more of the following:
 - fast breathing, trouble breathing, shortness of breath, or no longer breathing;
 - bluish, purplish, or gray skin color especially around the lips and the inside of the mouth, or around the nails;
 - not drinking enough fluids, refusing to drink;
 - not urinating, decreased number of wet diapers, or no tears when crying;
 - severe or persistent vomiting;
 - not waking up or not interacting (e.g., unusually quiet and inactive, no interest in playing, no interest in favorite toy);
 - being so irritable that the child does not want to be held, or cannot be consoled;
 - pain or pressure in the chest or stomach;
 - sudden dizziness;
 - confusion; and
 - flu-like symptoms improve but then return with fever and worse cough.
- **Stay home if you or your child is sick with the flu** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Children and teenagers **should not** be given aspirin (acetylsalicylic acid); this can cause a rare but serious illness called Reye's syndrome.
- **Make sure your child gets plenty of rest and drinks clear fluids** (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.
- **Contact your doctor immediately if a child younger than 5 years of age is sick.** This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

To protect other family members ...

- **Make sure your child's hands are washed often, and especially after coughing or sneezing.** Help your younger child wash them for 20 seconds with soap and water. If soap and water are not available, you can use an alcohol-based hand cleaner.
- Have your child **cough and sneeze into a tissue** or into his or her elbow or shoulder if a tissue is not available. Make sure your child throws tissues away right after use.
- **Clean surfaces and objects that your child frequently touches** with his or her hands, mouth, or body fluids. Wipe these surfaces with a household disinfectant that is usually used, following the directions on the product label. Additional disinfection of these surfaces beyond routine cleaning is not recommended.
- **Keep your sick child in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick child.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu according to CDC recommendations when vaccines become available.