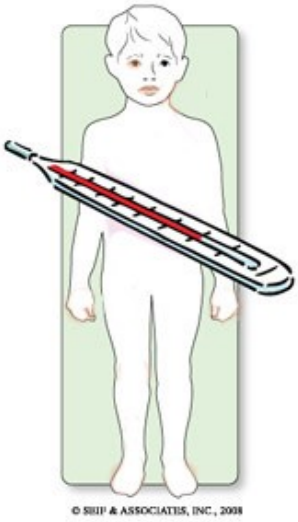
Influenza, Child

Flu is an infection caused by a virus. Flu starts suddenly, usually with a fever. Your child will be much sicker than if they have a cold. Your child may cough, have a runny nose and not feel like doing much. Flu spreads easily from one person to another. Antibiotics will not help the flu.



HOME CARE

- Wash your hands often and help your child do the same. Hand wipes may be easier.
- Teach your child to cough into the inside of their elbow if they are old enough. Wash your hands after touching a tissue that you used to wipe the face of a young child.
- Offer your child something to drink every hour while they are awake. It is normal for a child with flu to not feel like eating, but they need extra fluids.
- Let your child rest.
- Use a light blanket to cover your child if they have a fever.
- **Do not** share spoons, forks, knives, plates, cups or toothbrushes with other members of the family.

Only give your child medicine as directed by your doctor. **DO NOT give your child aspirin.**

GET HELP RIGHT AWAY IF YOUR CHILD:

- **Your baby is 3 months or younger with a rectal temperature of 100.4 º F (38º C) or higher.**
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- Has trouble breathing or is coughing up thick mucus.
- Will not drink or take medicine.
- Has other health problems like heart or lung disease that may make them sicker from the flu.
- Seems confused, has changes in behavior or is hard to wake up.
- Gets a fever higher than the doctor tells you.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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