

Caring For a Child During A Pandemic

WHEN A CHILD IS UNWELL

- Older children and teens have the same symptoms of the flu as adults.
- Very young children and infants probably have similar symptoms, but do not know how to tell people they feel unwell.
 - These children may be irritable and eat poorly.
 - They sometimes develop a hoarse cry and barking cough.
 - Younger children may also have diarrhea, vomiting, and stomach pain.

SOME THINGS YOU CAN DO FOR YOUR CHILD ARE:

- Give acetaminophen or ibuprofen every 4-6 hours for the fever in the dose recommended on the package (unless your doctor tells you otherwise).
- **DO NOT GIVE MEDICATION THAT CONTAINS ACETYLSALICYLIC ACID (Aspirin, Bufferin)**
- Do not expect to be prescribed antibiotics for uncomplicated flu
- Dress the child in lightweight clothing and keep the room at 20 C
- Offer cool fluids a lot while the child is awake
- Avoid cool baths
- Allow the child to rest at home for up to 6 days, so the virus isn't spread to other children
- Use saline nose drops to treat a stuffy nose
- Teach the child to cover his/her mouth when coughing or sneezing
- Throw away used tissues as soon as possible
- Wash your hands often and teach your child to do so after wiping nose

TAKE YOUR CHILD TO THE DOCTOR IF:

- Your child has lung or heart disease or any chronic illness requiring medical attention
- Has a disease or is taking medications that affects his/her immune system
- Takes ASA regularly for a medical condition
- Has trouble breathing
- Is less than 6 months old and has any temperature over 38.1 C
- Is constantly irritable and will not calm down
- Is listless and not interested in playing with toys
- Has a fever that lasts more than 5 days
- Drinks so little fluid that he/she is not urinating at least every 6 hours when awake
- Has vomiting for more than 4 hours or has severe diarrhea

TAKE YOUR CHILD TO THE HOSPITAL EMERGENCY OR CALL 911 IF:

- Has severe trouble breathing not caused by a stuffy nose
- Has blue lips
- Is limp or unable to move, or unresponsive
- Has a stiff neck
- Seems confused
- Has a seizure (convulsion/fit)
- Has not had a wet diaper in 12 hours