

## **Guidance from the Centers for Disease Control for Parents Caring for a Child with Influenza**

### **What to do if your child is sick:**

- Unless they need medical attention, keep children who are sick at home. Don't send them to school or daycare.
- Have them drink a lot of liquid (juice, water, Pedialyte ®).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing medicines that your doctor recommends based on your child's age. Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- If someone in your home is sick, keep him or her away from those who are not sick.
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.

If your child comes in contact with someone with H1N1 (swine flu), ask your doctor if he or she should receive antiviral medicines to prevent getting sick from H1N1 (swine flu).

If your child experiences any of the following warning signs, seek emergency medical care:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that he or she does not want to be held
- Not urinating or no tears when crying
- Their symptoms improve but then return with fever and worse cough



For more information call 1-800-CDC INFO, or go to <http://www.cdc.gov/swineflu>