

INFLUENZA

Parents of children with chronic health conditions should contact their child's physician at the first sign of influenza (flu) so they can receive early antiviral treatment.

It can be difficult to tell the difference between flu, colds and allergies, but influenza is something that many children haven't experienced before, and they often feel significantly more ill than with other common respiratory illnesses.

Think you or your child has the flu? Call or see your doctor if:

- ◆ your child is younger than a year old
- ◆ you or your child is more ill than you would expect
- ◆ fever persists more than three days
- ◆ symptoms include lethargy that does not improve after taking acetaminophen (e.g., Tylenol)
- ◆ there is an existing chronic illness or some other risk factor, such as pregnancy

Go to the ER if:

- ◆ symptoms include shortness of breath, chest pain, trouble breathing, persistent vomiting, seizures or confusion

Source: Dr. Pat Crocker, Dell Children's Emergency Medicine Chief