

Your child has been diagnosed with the flu.

Most children will recover without needing specific medication. Your child will probably be sick for several days with fever and respiratory symptoms. Fever is considered a temperature above 100.0° F, 37.8° C. **Until your child has been free of fever for 24 hours without the use of fever-reducing medications, your child should:**

- Not go to school or any group or social events where he or she may be in contact with other children or adults
- Avoid close contact with others. If your child shares a bedroom with a sibling, the sibling should sleep in another room if possible until the ill child has recovered.
- Let people with whom your child may have had close contact in the past 24 hours know that he has the flu. It is not necessary to automatically seek care, but contacts should be alert to the possibility that they may become ill and should seek medical advice if they develop fever or other flu-like symptoms.
- People may be contagious from one day before they develop symptoms to 7 days after they get sick. Children, especially younger children, may be contagious for longer periods.

Home Care Guidance for Children Diagnosed with Flu

- **Cover nose and mouth with tissue** when coughing or sneezing and discard the tissue right away. **WASH HANDS** after touching used tissues and similar waste. Avoid rubbing or touching eyes, nose and mouth.
- **Wash** hands frequently. Alcohol-based hand cleaners are effective.
- Children **5 years of age and older and teenagers** with the flu can take medicines without aspirin such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®) to relieve symptoms.
- Children **under the age of 4** should NOT be given over the counter cold medications without speaking to a health care provider.
- **Children under the age of 18 should not take aspirin** and medications that contain aspirin (such as Alka-Seltzer®, Pepto-Bismol® and various cold medications) when they have the flu.
- **Rest** as much as possible – but bed rest is not necessary
- **Drink** an adequate amount of clear liquids (such as water, broth, sport drinks, soda, apple juice, tea or jello) to prevent dehydration. Pedialyte may be purchased over the counter.

Emergency Warning Signs:

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| • Difficulty breathing or fast breathing | • Flu-like symptoms that improve but then return with fever or worse cough |
| • Coughing that hurts your chest | • Severe or persistent vomiting and/or diarrhea |
| • High temperature (greater than 101.°F, 38.3°C) that does not respond to medication | • Bluish or grey skin color |
| • Not waking up or not interacting | • Being so irritable that the child does not want to be held |
| • Sudden dizziness | |
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If your child develops any of these symptoms call Pediatrics at 203-432-0206 or evenings/weekends/holidays Urgent Care at 203-432-0123.