



What to Do if You Think Your Child has the Flu

Call your doctor right away if your child gets sick. Most healthy children with the flu will recover without problems, but certain children are at high risk for serious complications. Talk with your doctor to determine if your child is at risk.

Children younger than 5 years old and children with chronic medical conditions, such as asthma and diabetes, may be at higher risk for complications from flu. Check with your doctor about any special treatment requirements for them.

If your child has a fever, use fever-reducing medicines that your doctor recommends based on your child's age. *A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius).*

Keep your sick child at home for at least 24 hours after the fever is gone, except to get medical care.

Make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants, Pedialyte®) to keep from being dehydrated.

Keep your sick child in a separate room in the house as much as possible to limit contact with household members who are not sick.

You can consider sending your child back to school after at least 24 hours has passed since his or her temperature returned to normal WITHOUT the use of medications.

If your child becomes ill and experiences any of the following warning signs, go to an emergency room or urgent care center:

- **Fast breathing or trouble breathing**
- **Bluish or gray skin color (call 911 immediately)**
- **Not drinking enough fluids**
- **Severe or persistent vomiting**
- **Not waking up or not interacting**
- **Being so irritable that the child does not want to be held**
- **Flu-like symptoms improve but then return with fever and worse cough**

To learn more about keeping your kids healthy during flu season visit:

**Kane County Health Department: www.kanehealth.com
Center for Disease Control & Prevention: www.flu.gov**