

Prevention Tips

What to do if your child is sick?

If your child is experiencing flu-like symptoms, especially fever, it is possible for him or her to spread the flu virus.

To help prevent spread of the flu virus, please follow these guidelines:

- Keep your child at home until he or she is fever-free for 24 hours without the use of any fever-reducing medicines. Anyone of any age who has flu-like illness should avoid public such as workplaces or schools.
- Have your child rest and drink plenty of liquids.
- Encourage your child to always cover his or her mouth and nose when sneezing, coughing, or blowing his or her nose.
- Wash your hands frequently and encourage your child to do the same. Rub your hands with an alcohol-based hand gel or wash them with soap and water right after you sneeze, cough, or throw a used tissue in the trash.

If you have a medical provider, call him or her for guidance. Your provider can prescribe anti-viral medications if needed.

Only go to your local hospital if you have no other source of care and you think your child is seriously ill.

How do you know if your child is seriously ill?

In children, emergency warning signs that need urgent medical attention include:

- Fast Breathing or trouble breathing
- Bluish or gray skin color
- 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 that improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough