

INFLUENZA

Flu is a highly contagious respiratory virus that is often self-limited but can be dangerous for kids, especially babies. It usually occurs in the winter and early spring. Symptoms include:

- Sudden onset of fever, often 100-103 F
- Chills and muscles aches
- Headache
- Cough
- Congestion
- Sore throat
- Some kids have vomiting and diarrhea

Expected Course:

- Fever lasts 3-4 days
- Cough/congestion last 10-12 days

Contagiousness:

- Flu is highly contagious
- It is mainly spread by cough, sneezing, sharing drinks or kissing but can also spread through small droplets in the air
- Stay home until your child's temperature is less than 100.4 for 24 hours and there are no more body aches
- Practice good hand washing and cover cough and sneeze with the inner portion of the elbow
- Avoid babies under 6 months, the elderly, and anyone whose immune system is compromised (undergoing chemotherapy, on high dose steroids, not immunized)

Home Care:

- Nasal saline drops followed by suction. This should be done frequently, especially before feeds and bedtime.
- Warm liquids and honey for ages greater than 1 year for sore throat
- Tylenol every 6 hours for fever and body aches
- Motrin every 6 hours if over 6 months for fever and body aches
- Hydration with pedialyte or water
- Smaller feeds more frequently if breastfeeding or formula feeding

Warning Signs

Fever not improving more than 3 days

Difficulty breathing (flaring nostrils, visible ribs or indentation of the stomach while breathing)

Change in behavior – not responding normally

Congestion not resolved by 10 days

Fewer than 6 wet diapers in 24 hours

Call our clinic immediately if there is difficulty breathing or your child is not responding normally to you.

Make an Appointment!

Making an appointment early is helpful because if caught early, some symptoms of flu can be alleviated by anti-viral medications.