

Flu can be dangerous for children.

The best way to protect your child from this serious disease is to get an annual flu vaccination.

Emergency warning signs of flu symptoms in children

If your child becomes sick with the flu, his or her condition can easily deteriorate in a matter of hours. Keep an eye out for any of the following critical symptoms, as it could be a sign that he or she may be ill.

- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions
- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F

In addition to the signs listed for children, get medical help right away for any **infant** who has:

- Trouble breathing
- In children less than 12 weeks, any fever
- Significantly fewer wet diapers than normal
- Unable to eat

If your child presents any of these symptoms, please seek medical attention right away.

6 Ways to Protect Yourself from Flu

- 1 Get an annual flu vaccine
- 2 Wash hands often
- 3 Avoid touching eyes, nose, or mouth
- 4 Get plenty of rest
- 5 Do the elbow cough
- 6 Stay home if you don't feel well



For more information, please visit: www.familiesfightingflu.org

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