



Weill Cornell Medical College

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Patient Education:

# Influenza, Child

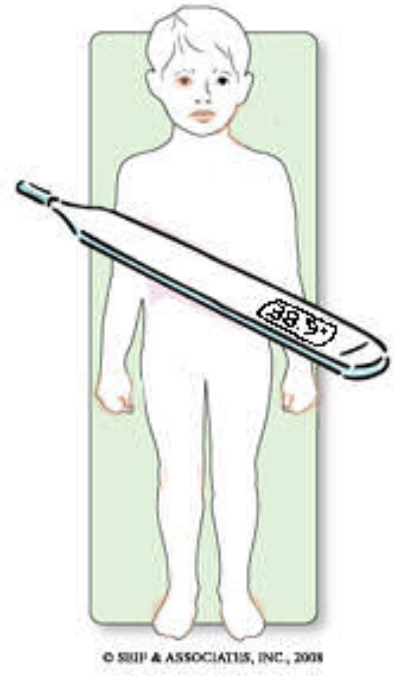
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# Influenza, Child

Influenza (flu) is an infection in the mouth, nose, and throat (*respiratory tract*) caused by a virus. The flu can make you feel very sick. Influenza spreads easily from person to person (*contagious*).

## HOME CARE

- Only give medicines as told by your child's doctor. **Do not** give aspirin to children.
- Use cough syrups as told by your child's doctor. Always ask your doctor before giving cough and cold medicines to children under 4 years old.
- Use a cool mist humidifier to make breathing easier.
- Have your child rest until his or her fever goes away. This usually takes 3 to 4 days.
- Have your child drink enough fluids to keep his or her pee (*urine*) clear or pale yellow.
- Gently clear mucus from young children's noses with a bulb syringe.
- Make sure older children cover the mouth and nose when coughing or sneezing.
- Wash your hands and your child's hands well to avoid spreading the flu.
- Keep your child home from day care or school until the fever has been gone for at least 1 full day.
- Make sure children over 6 months old get a flu shot every year.



## GET HELP RIGHT AWAY IF:

- Your child starts breathing fast or has trouble breathing.
- Your child's skin turns blue or purple.
- Your child is not drinking enough fluids.
- Your child will not wake up or interact with you.
- Your child feels so sick that he or she does not want to be held.
- Your child gets better from the flu but gets sick again with a fever and cough.
- Your child has ear pain. In young children and babies, this may cause crying and waking at night.
- Your child has chest pain.
- Your child has a cough that gets worse or makes him or her throw up (*vomit*).

## MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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