

Flu can be dangerous for children.

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

Emergency warning signs of flu symptoms in children

- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Fever or cough
- Fast breathing or trouble breathing
- Bluish lips or face
- Chest pain
- Severe muscle pain (child refuses to walk)
- Not alert or interacting when awake
- Fever above 104°F

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

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

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

5 ways to stay healthy during flu season

Taking the flu seriously is an act of kindness to protect yourself and others.

- 1 Get an annual flu vaccine
- 2 Wash hands often
- 3 If you think you have the flu, get tested
- 4 Take flu antivirals if they're prescribed to you
- 5 Get plenty of rest



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



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