

# 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
- 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.**

# 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](http://www.familiesfightingflu.org)



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