

FLU

WHEN TO CALL THE OFFICE - FLU

Call immediately if...

- child has respiratory distress (difficulty breathing) and is no better after you suction/blow the nose. (see below for signs of respiratory distress in young patients)
- your child starts acting very sick (i.e. won't stay awake, severe pain)
- your child shows signs of severe dehydration: an infant without urine for 8 hours, crying without tears, an older child who hasn't urinated for 12 hours and cannot make urine, not keeping anything down for several hours

Call our office (during office hours) within 24 hours if...

- nasal discharge more than 10 days, or cough more than 2 weeks
- fever goes away for a few days and then comes back again or lasts for more than 7 days
- eyes become red and develop a yellow discharge
- earache or severe sinus pain
- cough suddenly becomes more severe
- signs of mild dehydration: not keeping many fluids down, concentrated urine or reduced urine

Signs of Respiratory Distress in an infant or toddler:

1. **Sucking air in with breaths:** You would see the skin between the ribs going in with inspiration
2. **"Belly Breathing":** Abdomen appears to go under the rib cage with breathing.
3. **Rapid breathing:** Count the breaths for a whole minute. Rapid breathing would be the following:
 - more than 60 breaths/min for a 0-6 month old
 - more than 50 breaths/min for a 6-12 month old
 - more than 40 breaths/min for a 12-36 month old
4. **Wheezing**

Things to Remember

1. Do not give any products containing aspirin.
2. 1 in 10 children who get the flu can develop a secondary bacteria infection. Ear infections and pneumonia are most common.
3. Coughing can continue for 3 weeks.
4. If diagnosed with Influenza B, children can have SEVERE calf pain.
5. Fatigue can last for 2 weeks.

Symptomatic Care:

1. To help with a cough for children over age 1, mix 1 teaspoon honey with 1 teaspoon lemonade. Give 2 teaspoons every 4-6 hours.....more often if necessary.
2. Get lots of rest.
3. Drink lots of fluids.
4. Use a cool-mist humidifier.
5. Elevate the head of the bed (extra pillow in child over 18 months).