



# Flu Pandemic

## What You Can Do for Your Infant or Young Child During a Flu Pandemic



- Allow your child to rest. The child will probably feel very weak until his or her temperature returns to normal.
- Offer fluids frequently while awake. Extra fluids are needed to replace those lost in sweating. If your child's urine is darker than usual, he or she needs more to drink.
- Give your child acetaminophen every six hours or ibuprofen as recommended on the package for fever and muscle pain. Children under 18 years of age should not take acetylsalicylic acid (ASA) or any products containing ASA. Antibiotics won't help.
- Treat your child's symptoms e.g., cough suppressant, salt water nose drops. Teach the child to cover his or her mouth when coughing and then throw the tissue away. Wash your hands often and teach your child to do so as well.
- Teach your children to cover his or her cough and sneeze with their sleeve if a tissue is not available.
- Keep your child home from school for six days (while contagious), or until he or she is feeling better.

### What to Expect

- **Day 1-3:** Sudden appearance of fever; headache, muscle pain and weakness; also dry cough, sore throat and stuffed nose.
- **Day 4:** Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable.
- **Day 8:** Symptoms decrease. Cough and tiredness may last one to two weeks or more.

### During the flu, TAKE YOUR CHILD TO SEE A DOCTOR if the child displays any of the following:

- Is short of breath even while resting.
- Has pain in the chest when breathing.
- Is coughing up bloody sputum.
- Is wheezing.
- Still has a fever and is not feeling better after five days.
- Is feeling better and suddenly develops a fever.
- Is hard to wake up, unusually sleepy or unresponsive.



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