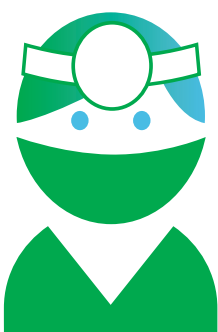


A comforting guide to * THE ACHES & PAINS * of the flu

It's not easy when your
CHILD GETS THE FLU,
but knowing what to do can be.

TYPICAL SYMPTOMS



see the
DOCTOR
if THERE'S:

FATIGUE
or irritability
that does not
respond to
CONSOLING

CONFUSION or
HEADACHE THAT DOES
not GO AWAY

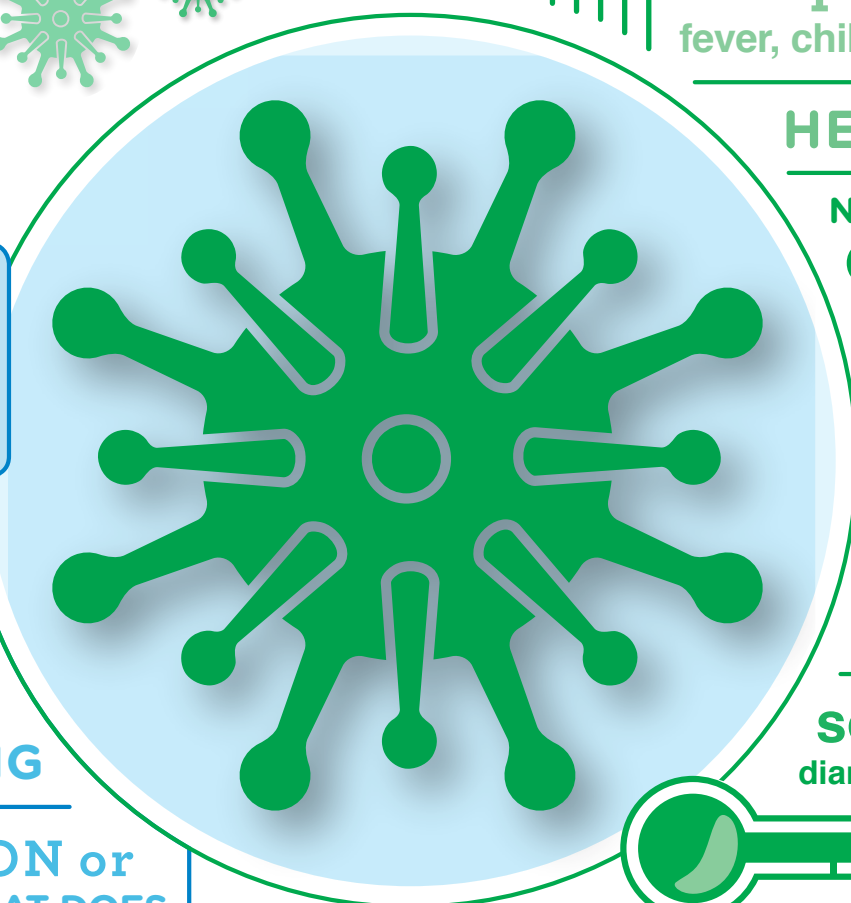
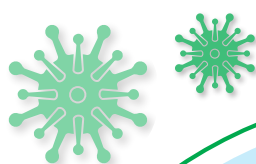
chest **PAIN**
labored breathing
PERSISTENT cough

NECK STIFFNESS

STOMACH
PAIN, vomiting and
dehydration

BACK PAIN or
weak **LEGS** or feet

Severe muscle
PAIN and/or
RED URINE



||||| abrupt onset of
fever, chills and fatigue

HEADACHE

Non-productive
COUGH

runny
NOSE

SORE
THROAT

sometimes
diarrhea & vomiting

THE BEST
defense AGAINST THE flu?
THE FLU VACCINE

Make **SURE YOU**
AND YOUR CHILD
GET vaccinated.

See **YOUR PEDIATRICIAN**
to **FIND OUT** which **FLU**
vaccine **IS BEST** for **your**
child.



Take our online flu
assessment at
choa.org/flu
to find out if your child
needs to visit the doctor

TREATING THE FLU:

- 1 DRINK LOTS OF FLUIDS.
- 2 USE A FEVER reducer
LIKE acetaminophen
OR ibuprofen to **TREAT**
FLU symptoms. Do not
USE medicine that contains
ASPIRIN.
- 3 For children **YOUNGER**
THAN 6 yrs old, cough
and cold medicines **DO**
NOT WORK AND **MAY**
CAUSE SERIOUS
side effects.
- 4 Antibiotics **WILL NOT HELP**
because **THE FLU** is a
viral **INFECTION**.
- 5 **ANTIVIRAL** medicines
MAY BE helpful **FOR**
CHILDREN with **CONDITIONS**
associated with **SEVERE**
infections.
- 6 **KEEP kids HOME** until
THEIR fever is **GONE**
FOR at least 24 hours
without using fever reducers.

If your child's doctor is unavailable, pediatricians
are standing by—including nights, weekends and
on holidays—at our Urgent Care Centers.



Visit choa.org/urgentcare for locations, hours
and wait times.



Children's
Healthcare of Atlanta