

# shoo<sup>o</sup> the **FLU**



## Flu complications, danger signs

In most situations, you should stay home and avoid contact with other people if you have the flu. Seek urgent medical attention if you or your children have any of these danger signs:

Children	Adults
Fast breathing or difficulty breathing	Difficulty breathing or shortness of breath
Bluish or gray skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluid	Sudden dizziness
Severe vomiting or vomiting that continues awhile	Severe vomiting or vomiting that continues awhile
Not waking up or not interacting (being listless)	New or sudden confusion
Flu-like symptoms improve but then return with fever and worse cough. This could be a sign of pneumonia.	Flu-like symptoms improve but then return with fever and worse cough. This could be a sign of pneumonia.
Being so irritable that the child does not want to be held	

## Treat the flu at home

If you or your children are not experiencing complications, treat the flu at home with these steps:

- Get extra rest
- Drink lots of fluids such as water, soup, fruit juice or hot tea with lemon
- Take acetaminophen/Tylenol® or ibuprofen/Motrin®/Advil® for body aches, headaches and fever. *Warning: Do not give aspirin (acetylsalicylic acid) to children or teenagers who have the flu.*
- Gargle with warm salt water (1 tsp. salt in 8 oz. of water) for a sore throat or use throat lozenges or hard candy