

# 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).