Treating the Flu

• Drink lots of fluids.
• Use a fever reducer like acetaminophen or ibuprofen. Do not use medicine that contains aspirin.
• For children younger than 6 years old, cough and cold medicines are not effective and may cause serious side effects.
• Antibiotics will not help because the flu is a viral infection.
• Antiviral medications may be helpful for children with conditions associated with severe infections.

HELP STOP THE SPREAD OF THE FLU

Keep sick children away from public places, especially schools, until their fever is gone for at least 24 hours without using fever reducers.

Make sure you and your child get vaccinated every year.

Take our online flu assessment: choa.org/flu

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

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