**THE FLU: A RESPIRATORY VIRUS**

**Typical symptoms**
- Abrupt onset of fever, chills and fatigue
- Headache
- Runny nose
- Nonproductive cough
- Sore throat
- Diarrhea and vomiting

**When to see a doctor**
- Fever lasting 3 days
- Fatigue or inconsolable irritability
- Confusion or headache that does not go away
- Chest pain, labored breathing and persistent cough
- Neck stiffness
- Stomach pain, vomiting, diarrhea or inability to drink enough fluid to stay hydrated
- Back pain or weak legs or feet
- Severe muscle pain and/or red urine

**TREATING FLU SYMPTOMS**
- Antibiotics will not help because the flu is a viral infection.
- Have your child drink lots of fluids.
- Use a fever reducer like acetaminophen or ibuprofen. **Do not use medicine that contains aspirin.**
- Since Tamiflu carries a risk of side effects, each child will be evaluated for his risk of serious infection against the potential side effects of the antiviral medication.
- For children younger than 6 years old, cough and cold medicines are not effective and may cause serious side effects.

Make sure you and your child get vaccinated every year.

Visit choa.org/flu to learn more.