

To Our Community School Nurses

This fall, many parents are concerned about influenza (the flu). Texas Children's Hospital wants to help you provide the facts.

Texas Children's Hospital is dedicated to providing the highest quality of care for our community's children. This fall two types of flu, seasonal and H1N1, will be circulating in the United States. Both illnesses have similar symptoms as both are respiratory viruses. Symptoms can include:

- High fever
- Headache
- Tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea
- Vomiting

If a child has mild flu-like symptoms, Texas Children's Hospital recommends that parents call the child's pediatrician or primary care provider before visiting the emergency room. The health care provider will counsel parents on how best to treat and care for the child. This can include antiviral medication, bed rest and keeping the child at home to avoid spreading the virus to others.

Some symptoms signal an immediate need for medical attention. In children, these emergency warning signs include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

Texas Children's Hospital will continue to follow the Texas Department of State Health Services recommendations with regards to influenza testing and treatment. At this time, we are not testing or providing treatment to children who exhibit only mild flu symptoms. We are only performing flu tests on children who are admitted to the hospital with respiratory illness or children with flu symptoms who have an underlying health condition that makes them more susceptible to complications. This will allow us to focus on providing care for those children who come to our Emergency Center with more severe health conditions.

Thank you for your support in caring for the children of our community.

For updates from Texas Children's on this year's flu season, visit www.flu.texaschildrens.org.



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