

# What You Need to Know About The Flu

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

This fall two types of flu, seasonal and H1N1, will be circulating in our community. 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 your child has mild flu-like symptoms, Texas Children's Hospital recommends that you call your child's pediatrician or primary care provider before taking your child to the emergency room. Your doctor will counsel you on how best to treat and care for your child. This can include antiviral medication, bed rest and keeping your 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

Remember, protect yourself and your family by washing your hands, covering your cough and getting vaccinated against the seasonal flu.

To learn more, visit [www.flu.texaschildrens.org](http://www.flu.texaschildrens.org).



**Texas Children's Hospital**<sup>®</sup>