
FACTSHEET

May 4, 2009

Ministry of Education

IF YOU THINK YOUR CHILD MAY HAVE SWINE FLU

In most children, the symptoms of H1N1 (swine flu) are similar to the symptoms of regular flu. They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

If your child is sick:

- Unless they need medical attention, keep children who are sick at home. Don't send them to school or daycare.
- Have them drink a lot of liquid (juice, water, Pedialyte ®).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing medicines that your doctor recommends based on your child's age. Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- If someone in your home is sick, keep them away from those who are not sick.
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.

If your child experiences any of the following warning signs, seek emergency medical care:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that he or she does not want to be held
- Not urinating or no tears when crying
- Their symptoms improve but then return with fever and worse cough

You can call [HealthLink BC](http://www.healthlinkbc.ca) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.