



## Instructions for parents on taking care of children and other household members with the flu

Keep your child at home for 7 days and until at least 24 hours after there is no longer a fever or signs of fever without the use of medication (Note: you should also stay at home for 7 days if you are sick).

### Recognize if your children are sick:

- Some children may not be able to tell you about their symptoms, which can result in a delay in responding to their illness. It is important to **watch carefully** for the signs and symptoms of flu or unusual behavior that may be a sign your child is sick.
- Symptoms of flu **include fever, cough, sore throat, runny or stuffy nose, body aches, and fatigue**. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (38 degrees Celsius). If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.
- Watch out for **emergency warning signs** and visit the nearest health care provider urgently if one of the following emergency warning signs develops:
  - Fast, difficult, or trouble breathing or shortness of breath
  - Bluish or gray skin or lips color
  - Not drinking enough fluids, not urinating or no tears when crying
  - Severe or persistent vomiting
  - Sudden dizziness



- Confusion
- Pain or pressure in the chest or abdomen
- Flu-like symptoms improve but then return with fever and worse cough
- Not waking up, not interacting, or being so irritable that the child does not want to be held

### **Tips for taking care of children with the flu:**

- **Contact your doctor** immediately if your child is sick. This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.
- If they are sick, keep your child at home for 7 days and until at least 24 hours after there is no longer a fever or signs of fever without the use of medication (Note: you should also stay at home for 7 days if you are sick). Keep your child at home unless they need to go to the doctor.
- Encourage your child to **drink clear fluids** (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- If your child has a fever, use **fever-reducing medicines that your doctor recommends** based on your child's age. Aspirin (acetylsalicylic acid) **should not be given** to children or teenagers who have flu; this can cause a rare but serious illness called Reye's syndrome.
- Keep your child in a room **separate** from the common areas of the house. (For example, a spare bedroom with its own bathroom, if that's possible.) Keep the sick person away from other people as much as possible and consider using a facemask. This is important if other household members are at high risk for complications from flu.



- Check with your doctor about any special care needed for household members who may be at higher risk for complications from flu. This includes children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (including respiratory disease, notably asthma, cardiovascular disease, diabetes and immunosuppression), and people aged 65 years and older.
- To help ensure continuity in their education, you should consider how you can **support home learning activities** if the school makes them available. Have school materials, such as text books, workbooks, and homework packets available at home.
- Have **activities** for your children to do while at home. Pull together games, books, DVDs and other items to keep your family entertained.

For updates and information on H1N1 call the National H1N1 hotline number (800 358) or visit HAAD's website ([www.haad.ae/h1n1](http://www.haad.ae/h1n1))