

Pediatric Associates of the Northwest Home Care Guidance for Influenza (Flu)

Many people are concerned about the novel H1N1 flu virus (swine flu). The CDC has determined that this new H1N1 virus is contagious and is spreading from person-to-person, probably like seasonal flu. The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people also have reported diarrhea and vomiting.

You will probably be sick for several days with fever and respiratory symptoms.

Take Medications as Prescribed:

- If prescribed, take all of the antiviral medication as directed. Call the office if your child experiences any side effects; i.e. nausea, vomiting, rash, or unusual behavior.
- Continue to cover your cough and wash your hands often, even when taking antiviral medications, to prevent spreading influenza to others.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®) and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.
- Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.
- Do **not** give aspirin (acetylsalicylic acid) or products that contain aspirin (e.g. bismuth subsalicylate – Pepto Bismol) to children or teenagers 18 years old or younger.

Seek Emergency Care or Call the Office

If your child experiences any of the following:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

Follow These Home Care Recommendations:

- Stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. (The fever should be gone without the use of fever-reducing medicine.)
- Keep away from others as much as possible. This is to keep from making others sick.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Dishes can be done in dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Please call the office for questions or concerns regarding your child's health.

- Portland 503-227-0671
- Lake Oswego 503-636-4508

For more information about seasonal and H1N1 flu, visit www.PediatricAssociatesNW.com

**Pediatric Associates of the Northwest
Home Care Guidance for Influenza (Flu)**