Flu FAQ

FLU FREQUENTLY ASKED QUESTIONS:

Flu season can be a challenging time for families, especially when it comes to keeping children healthy and managing their symptoms. Understanding the flu, prevention, and treatment can help. Here's a quick FAQ to answer some common questions:

What Are the Symptoms of the Flu in Children?

- The flu often starts suddenly and can include a range of symptoms. Common signs to watch for include a fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Some children may also experience vomiting or diarrhea.

How Can I Prevent My Child from Getting the Flu?

- The most effective tool for prevention is to encourage regular handwashing with soap and water, especially before meals and after using the restroom. Teach children to cover their mouths and noses with a tissue or elbow when coughing or sneezing. In addition, the flu shot is recommended by the Center for Disease Control and Prevention (CDC) for children of six months of age and older.

What Should I Do if My Child Gets the Flu?

If your child contracts the flu, focus on managing symptoms and keeping them comfortable. Ensure they get plenty of rest, stay hydrated, and eat nutritious foods. Over-the-counter medications may help alleviate symptoms, it is a good idea to consult with a healthcare provider before administering any medication. Monitor for complications like difficulty breathing or high fever, and seek medical attention if symptoms worsen or persist. It's also important to keep your child home from school or daycare until they're no longer contagious to prevent spreading the flu to others.

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