

~~~ Advice for Parents with Ill Children ~~~

***Flu is spread by droplets that can travel 200 miles per hour and up to 6 feet.  
Avoid exposure to help prevent the spread of both seasonal flu and H1N1.***

***Get medical care immediately if your child shows ANY of the following signs:***

- ✓ A lack of tears when they cry
- ✓ Convulsions / Seizures
- ✓ Decreased alertness or becomes lethargic and floppy
- ✓ Difficulty breathing, grunts or retractions of the skin over the ribs with inhalation
- ✓ Purple or blue discoloration of the lips
- ✓ Vomiting and unable to keep liquids down

***To relieve symptoms:***

- ✓ Do not give aspirin and aspirin containing compounds because of their association with Reye Syndrome in the setting of influenza infection.
- ✓ Give Acetaminophen or a pediatric non-steroidal anti-inflammatory medication instead.
- ✓ Nursing mothers (when well or ill) should continue to nurse the ill child.

***If caring for an infected young child:***

- ✓ Keep the child home from school and daycare
- ✓ Limit the child's contact with others (including children) to decrease the spread of the illness.

***To help your child avoid getting the flu:***

Teach your children:

- Proper hand-washing
- To wash their hands frequently
- Not to put fingers or hands in or at their mouth, nose or eyes
- To sneeze into their arm or elbow if they cannot get a tissue quickly enough
- To use hand sanitizers and hand wipes if they cannot clean hands with soap & water.
- How to properly use liquid sanitizers and wipes
- To encourage doing the above by having the adults in the home using the same precautions

Send with your child to school:

- Tissues for your child to use
- Sanitizer wipes (60% or more alcohol and no fragrance)

***If your well child is at high-risk for complications from influenza infection AND the community has a high level of novel influenza A (H1N1) activity:***

- ✓ Consider keeping your child away from crowded settings and public gatherings.

***If your child's school calls you to take home your sick child:***

- ✓ Expect that your child will be wearing a face mask to reduce their exposure to the flu or to prevent the transmission of their flu to others.
- ✓ Pick up your child as soon as possible when you are called.
- ✓ Plan ahead – update your child's school with emergency phone contacts
- ✓ Be sure your emergency contacts will be available and willing to transport if called.

***If your child has a medical diagnosis or health condition AND you are concerned about the effect of the seasonal flu or H1N1:***

- ✓ Contact your child's physician for guidance.

Additional guidance for care of ill persons at home can be found on the Centers for Disease Control and Prevention (CDC) website at: [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm).

[FROM: NYS Dept. of Health Clinical Guidance for Assessment, Testing, & Treatment of Novel Influenza A (H1N1) Virus in Children]