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## FACTSHEET

April 30, 2009

Ministry of Health Services  
Ministry of Healthy Living and Sport

### **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](#) 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.