

# a guide to helping you fight the flu



## COMMON FLU SYMPTOMS

Sore throat

Fever

Chills

Fatigue

Headache

Runny nose

Cough

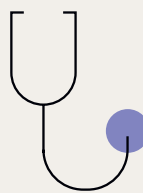
## KNOW WHEN AND WHERE TO SEEK TREATMENT



### OK TO WAIT

Consider waiting until the next morning to see a doctor when your child is:

- Urinating normally, even if they have a fever
- Playful, eating well and interactive



### CALL A DOCTOR

You should call a doctor when your child:

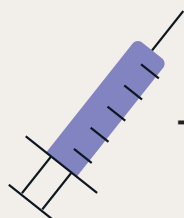
- Is lethargic
- Has a fever for more than three days
- Will not take liquids or does not urinate at least every eight hours



### GO TO ER

You should go to the emergency room when your child:

- Has shortness of breath (if severe difficulty breathing, call 911)
- Is not alert (if unresponsive, call 911)
- Has dry lips, sunken eyes or decreased urine



The best defense against the flu is **VACCINATION**