



Ticket to Healthy Living

FLU



Texas
Children's
Health Plan is
your family's
ticket to
health care.



What is the flu?

- The flu is very similar to a cold, but worse.
- A cold can start slowly, but the flu will affect your child very fast.
- A cold does not cause a fever; the flu will cause a fever.

What causes the flu?

- Flu is caused by viruses.
- A child can catch the flu the same way she can catch a cold - by touching the hands of someone with a cold or by being near someone with the flu who is coughing or sneezing.

Signs you might see

- Dry cough
- Chills
- Fever up to 104 degrees Fahrenheit
- Tiredness
- Sore throat
- Loss of appetite
- Headache
- Muscle aches

Muscle aches and feeling very tired are the biggest signs of the flu. Colds usually don't have these signs.

What to do

- Have your child get a lot of rest.
- Give your child liquids.
- If your child is older than 9 months, you can give her Tylenol, Panadol, Tempra and "generic non-aspirin pain relievers."
- Do not give Tylenol, Panadol, Tempra and "generic non-aspirin pain relievers" to children under 4 months, unless your doctor has told you to do so.
- Do not give your child aspirin unless your doctor has told you to do so.

When to call your doctor

- Your child is sick for more than a week.
- Your child has ear pain.
- Your child has a rash on the skin.
- Your child is wheezing.
- Your child has a swollen neck.
- Your child has a sore throat.

More information

- There are no medicines to cure the flu. Ask your doctor about immunizations to help prevent against the flu.
- The flu can be passed from one person to another. Remember to wash your hands and your child's hands often.