

A hands-on approach to flu season.



Prevention tips.

- **Make sure your kids wash their hands** with warm, soapy water.
- **Disinfect** phones, door knobs and toys regularly.
- **Discard all used tissues** immediately.
- **Provide nutritious foods** at meal times.

Have on hand:

- Acetaminophen or ibuprofen
- Hand sanitizer and mild soap
- Thermometers
- Pedialyte® (use under the supervision of a doctor)
- Your pediatrician's phone number and other emergency contact numbers.

What to do when the flu hits.

- **Monitor children for signs of dehydration** such as dry diapers, lack of tears while crying, sunken eyes, and dry lips and mouth.
- **Help prevent dehydration** due to diarrhea and vomiting with an oral electrolyte solution such as Pedialyte®.
- **Fever**, which is often associated with the flu, can also lead to dehydration.
- **Provide acetaminophen or ibuprofen** for aches and pains (consult your family doctor beforehand).
- **Encourage bed-rest**, with plenty of books to keep your kids stimulated.
- **Dress your child in layers** so you can add and remove layers during bouts of chills or fever.

For addition information and care tips, visit www.cdc.gov