
FACTSHEET

August 21, 2009

Ministry of Healthy Living and Sport
Ministry of Health Services

IF YOU THINK YOUR CHILD MAY HAVE THE H1N1 FLU VIRUS

In most children, the symptoms of the H1N1 flu virus 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 day care.
- 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 colour
- 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.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit www.gov.bc.ca/h1n1.

