

FLU CHECK LIST FOR PARENTS AND CAREGIVERS

IF YOUR CHILD HAS THE FLU, keep track of symptoms, medications, and other information so that you can relay it to your child's doctor, if needed. It is important to make sure all caregivers, including babysitters and grandparents, are familiar with this information to help keep your family safe.

BASIC INFORMATION

Child's Name: _____

Age: _____

Doctor's Name: _____

Phone Number: _____

SYMPTOMS

When did your child start getting sick?

Date: _____ Time: _____ am/pm

My child's symptoms are (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Stuffy or runny nose |
| <input type="checkbox"/> Weakness | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Aches and pains | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Vomiting |

TREATING YOUR CHILD'S FEVER

Remember, do NOT give aspirin if your child has symptoms of the flu.

When did you first give your child something for the fever?

Date: _____ Time: _____ am/pm

What did you give? (check one)

- Tylenol® Advil® Motrin®

How much medicine are you giving in each dose? _____

How often are you giving each medicine? _____

When was the last time you gave something for fever?

Date: _____ Time: _____ am/pm

WHEN TO CALL YOUR CHILD'S DOCTOR

Most children with flu can be treated at home. However, some children are at increased risk for complications.

Call your doctor right away if:

- Your child is younger than 2 years
- Your child is pregnant
- Your child has any of these conditions:
 - Asthma or other lung and breathing conditions including cystic fibrosis
 - Cancer
 - Diabetes
 - Genetic metabolic disorders
 - Heart disease/weakness
 - HIV/AIDS
 - Weakened immune system
 - Kidney disease
 - Neurological conditions
 - Neuromuscular disorders
 - Sickle cell disease
- Your child has any of the conditions above and someone else in your home has the flu

WHEN TO SEEK IMMEDIATE MEDICAL CARE AT THE CLOSEST HOSPITAL EMERGENCY DEPARTMENT

If you notice these warning signs that the sickness is getting worse, seek medical care at the closest hospital emergency department:

- Fast breathing or trouble breathing
- Bluish skin color
- Not waking up or not interacting
- Dehydration (not drinking or not keeping fluids in)
- Fever with a rash
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



The nation's children's hospital

Visit www.childrensnational.org/flu
for more information.

The health information presented in this fact sheet is intended for information purposes only and is not a substitute for consultation with a medical professional. If you have questions or concerns, please ask a trained healthcare provider.

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www.childrensnational.org/flu