

Looking after your school-aged child with flu

If your child has a flu-like illness (fever, cough, fatigue, body aches), it's important they

1. Stay home and keep away from others to stop the illness spreading.
2. Get plenty of rest.
3. Drink plenty of water.
4. Eat a healthy diet.

What medicine can my child have for flu?

- **Never give aspirin or medications containing aspirin to children or teenagers who have flu symptoms without first speaking to your doctor.**
- Medications containing paracetamol or ibuprofen can ease flu symptoms, especially fever, aches and pains. Always follow the directions on the packet or given by your pharmacist or doctor.
- Influenza is not caused by a bacterial infection, so antibiotics don't help unless complications (for example bacterial pneumonia) develop.
- Some anti-viral drugs can help against influenza if they are taken very early in the illness. They are available through a doctor's prescription.

Does my child need to see a doctor?

You should consult a doctor if you are worried about your child's flu symptoms.

