



What to do for the flu

The best treatment for the flu is prevention. The Centers for Disease Control and Prevention (CDC) recommend that all children between six months and 18 years of age get a vaccine against the flu. However, if your child does catch the flu, he or she may experience symptoms such as a fever, chills, cough, body ache, headache, or sinus problems. The flu is much worse than the common cold and typically lasts five to seven days, though it doesn't always require medical treatment.

See the reverse side for more about preventing and treating the flu.



Prevent and treat the flu

- As a supportive treatment, offer your child plenty of fluids for hydration. Try icy pops or drinks and soft fruits in addition to liquids.
- Make sure your child washes his or her hands before eating and sneezes into a tissue or sleeve to help keep safe from the flu.
- If your child does catch the flu, encourage resting in bed or on the couch with his or her favorite distractions.
- Give your child acetaminophen or ibuprofen for aches and pains (do not give aspirin unless your doctor directs you to do so.)

For more information, visit
[cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

