

Influenza (the flu) – What can you do?

Children and the flu

It can be scary for parents when a child gets the flu.

- Phone [Health Link Alberta](#) for help and information.

Flu symptoms

Children between 6–18 years old often have the same flu symptoms as adults.

Babies and children under six years old can have different symptoms. For example:

- A baby might cry a lot and have a fever;
- A young child might feel nauseous (feel like he will vomit). He might vomit and have diarrhea.



What to do for a child's fever

- First, take your child's temperature. If your child has a fever, use acetaminophen. For example: Tylenol® for babies (infants) and children.
- Put lightweight clothing on your child. Keep the child's room at about 20 C.
- Give water or juice to your child often. Breastfeed babies often.



Caution:

1. Never give acetylsalicylic acid (ASA or Aspirin®) to children or teenagers who might have the flu or who have a fever.
2. Health Canada recommends that over-the-counter cough and cold medications should **NOT** be used in children younger than six years old.

When to see a doctor

Some children should see a doctor when they have the flu. For example:

- A baby less than 3 months old;
- A child with heart problems.

Go to an emergency centre if your child's symptoms get worse. For example:

- Your child has trouble breathing (not a stuffy nose);
- You can't wake up your child.