

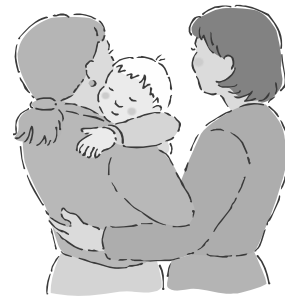
Information for Parents and Guardians

Symptoms

H1N1 Influenza is a new virus that has symptoms similar to seasonal flu, but can quickly develop into respiratory distress. H1N1 Influenza is spreading easily from person to person globally.

In most children, the symptoms of H1N1 Influenza seem similar to symptoms of regular influenza (flu). They include:

- High Fever
- Cough
- Headache
- Sore throat
- Muscle and joint pain
- Congestion
- Runny nose
- Lack of appetite and energy
- Nausea, vomiting and diarrhea



Young children may not have usual symptoms, but may have problems with breathing and low energy.

Prevent

To prevent the spread of H1N1 flu and to protect yourself and your family:

1. **Stay home if you are sick.** Stay away from other people and large crowds because you can spread the flu virus easily to others.
2. **Wash your hands well and often with warm water and soap.** Use hand gels (60 to 90% alcohol base) if soap and water is not nearby.
3. **Clean common surfaces with cleaners. (e.g. phones, counters, etc.)** Use a disinfectant to clean surfaces around a person who is sick with the flu.
4. **Sneeze and cough in your sleeve, not your hand.** If you use a tissue, throw it away after use and wash your hands. Keep your fingers away from your eyes, nose and mouth.

Care

If your child gets sick:

- **Keep your child at home.** Don't send them to school or daycare until they have recovered.
- Have your child drink lots of liquids (juice, water, Pedialyte ®).
- Keep your sick child comfortable and away from people who are not sick. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing drugs that your doctor allows based on your child's age. Do not use aspirin or aspirin containing products with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- Keep tissues close to the sick person and have a garbage bag within reach for discarding used tissues.

Children with chronic medical conditions: Speak with your child's doctor for advice on whether your child should attend school when there is an increase in influenza like illness.

Get Help

Seek medical care or phone Telehealth Ontario (1-866-797-0000) if your child has any of these symptoms:

- Breathing is difficult or painful while resting
- Fast breathing, trouble breathing or wheezing
- Coughing up thick sputum, sputum that is not clear, or have bloody sputum
- Fever more than three days and are not feeling better
- Started to feel better, then suddenly develop a high fever and feel ill again
- Bluish or grey skin color
- Not waking up, talking, or playing
- Not drinking enough fluids, not peeing, or no tears when crying
- Being so irritable that he/she does not want to be held

More Info

North Bay Parry Sound District Health Unit

Phone: (705) 474-1400 North Bay
(705) 746-5801 Parry Sound

Toll Free: 1 (800) 563-2808

Web: www.healthunit.biz
www.fightflu.ca
www.health.gov.on.ca