



Seasonal Influenza

Your child has been diagnosed, exposed to, or suspected to have Influenza and may have any of the following symptoms:

- Fever
- Fatigue
- Body Aches
- Cough/Sore Throat

Causes

- Virally spread through airborne droplets

Care & Treatment

- For fever above 102 F (39 C) or discomfort, alternate acetaminophen and ibuprofen
*see medication table for weight dosing guidelines
- Encourage your child to drink adequate fluids to prevent dehydration
- The treatment of influenza depends on your child's main symptoms and usually is no different from that used for other viral respiratory infections

Medications:

Acetaminophen (Tylenol): ALL AGES	Infant/Children's Suspension Liquid 160mg/5mL	Junior Strength Chewable Tablet
Weight	Dose	Tablets
6 -11 lbs	¼ tsp or 1.25 mL	
12-17 lbs	½ tsp or 2.5 mL	
18-23 lbs	¾ tsp or 3.75 mL	
24-35 lbs	1 tsp or 5 mL	
36-47 lbs	1 ½ tsp or 7.5 mL	
48-59 lbs	2 tsp or 10 mL	2 tablets
60-71 lbs	2 ½ tsp or 12.5 mL	2 ½ tablets
72-95 lbs	3 tsp or 15 mL	3 tablets
>96 lbs		4 tablets

*Use weight to dose. One dose lasts 4-6 hours.

Ibuprofen (Motrin): > 6 MONTHS OF AGE	Infant Drops 50mg/1.25 mL (Ages 6 - 23 months)	Children's Suspension 100mg/5 mL (Ages 2- 11)	Children's Chewable Tablets 50mg	Junior Strength Chewable Tablets or Capsules 100mg
Weight	Dropperful	Dose	Tablets	Tablet or Capsule
12-17 lbs	1 = 1.25 mL			
18-23 lbs	1 ½ = 1.875 mL			
24-35 lbs		1 tsp or 5 mL	2 tablets	
36-47 lbs		1 ½ tsp or 7.5 mL	3 tablets	
48-59 lbs		2 tsp or 10 mL	4 tablets	2 tablets
60-71 lbs		2 ½ tsp or 12.5 mL	5 tablets	2 ½ tablets
71-95 lbs		3 tsp or 15 mL	6 tablets	3 tablets

*Use weight to dose. One dose lasts 6-8 hours.

What to Expect With Influenza

- The fever lasts 2-3 days, the runny nose 7-14 days and the cough 2-3 weeks.

Return to School/Daycare

- Your child can return to child care or school after the fever is gone for 24 hours and your child feels well enough to participate in normal activities.

When to Call

Continue Self-Care at Home

- Probable Influenza or URI in low risk children

Call Office to be Seen Within 24 Hours

- Earache or pain inside the ear
- Sinus pain (not just congestion) persists > 48 hours after using nasal washes (Age: usually 6 years or older)
- Sore throat is the main symptom and present > 48 hours
- Temperature > 100.4 F present > 3 days (72 hours)

Go to ER Now

- Retractions - skin between the ribs is pulling in (sinking in) with each breath
- Age < 12 weeks with fever 100.4 F (38.0 C) or higher by any route (rectal reading preferred)
- Rapid breathing
- Dehydration suspected (no urine > 8 hours, very dry mouth, no tears, tired-appearing)

Call 911 Now

- Severe difficulty breathing (struggling for each breath, making grunting noises with each breath, unable to speak or cry because of difficulty breathing, severe retractions)
- Difficult to awaken or not alert when awake
- Very weak (doesn't move or make eye contact)
- Bluish (or gray) lips or face now